

On an ongoing basis, we maintain contact and confer with local government, civic, and business leaders, as well as members of the general public, about what they perceive as top-of-mind issues important to the communities we serve. Recurring priority topics include general crime; employment opportunities and workforce development; availability of quality housing; substance abuse; health care (access and cost); education; health of the local retail economy; and local infrastructure.

We strive to provide responsive and helpful programming. Further, we also work to educate and inform the people we are privileged to serve through a variety of public service announcements, local news coverage, community calendars, and other programs.

Issues and Responsive Programming

WRFS broadcast programming dealing with various issues important to the community.

1. Community Calendar: Our community calendar aired four times each weekday in the 7:00 a.m., 8:00 a.m., noon, and 4:00 p.m. hours. Length averaged two minutes and included local news and well as information solicited from and contributed by listeners, local organizations, and local government agencies.
2. Public Affairs: Sunday morning at 4:30 a.m., we aired InfoTrak, a half-hour program. Details are attached.
3. Public Affairs: Sunday morning at 5:00 a.m., we aired Viewpoints, a half-hour program. Details are attached.
4. Health & Wellness: Sunday morning at 5:30 a.m., we aired Radio Health Journal, a half-hour program. Details are attached.
5. Public Service Campaigns: In addition to long-form public affairs programming, we broadcast public service messages for many local, state (often in cooperation with the Alabama Broadcasters Association), and national organizations including:

Alabama Adult Protective Services
Alabama Army National Guard
Alabama Clean Fuels Coalition
Alabama Department of Human Resources
Alabama Department of Labor
Alabama Department of Public Health
Alabama Department of Transportation
Alabama Department of Veterans Affairs
Alabama Tourism

AlabamaWorks
Alzheimers Association
American Diabetes Association
American Heart Association
American Humane
American Lung Association
Centers for Disease Control & Prevention
Federal Emergency Management Agency
National Council on Aging
National Federation of the Blind
National Highway Traffic Safety Administration
People Against a Littered State
UNICEF USA
U.S. Department of Agriculture
U.S. Department of Health & Human Services
U.S. Department of Veterans Affairs
U.S. Forest Service

WRFS aired a total of 1,473 public service announcements during this quarter.



Call Letters: WRFS

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2024

Show # 2024-01

Date aired: 01/01/24 **Time Aired:** 4:30 a.m.

Steve Elek, Senior Automotive Data Analyst at Consumer Reports

Mr. Elek shared 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.

Issues covered:

Length: 8:44

**Electric Vehicles
Consumer Matters**

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

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 services 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.

Issues covered:

Length: 8:41

**Mental Health
Telehealth
Youth Issues**

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

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.

Issues covered:

Length: 5:08

**Aging
Social Media**

Show # 2024-02

Date aired: 01/08/24 **Time Aired:** 4:30 a.m.

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

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.

Issues covered:
Alcoholism

Length: 8:48

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

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.

Issues covered:
Personal Health
Environment
Consumer Matters

Length: 8:39

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

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.

Issues covered:
Blood Donations
Public Health

Length: 5:03

Show # 2024-03

Date aired: 01/15/24 **Time Aired:** 4:30 a.m.

Jared Walczak, Vice President of State Projects, Tax Foundation

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.

Issues covered:
Property Taxes
Inflation
Home Ownership

Length: 8:54

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

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.

Issues covered:
Personal Health
Nutrition

Length: 8:29

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

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.

Issues covered:
Homelessness
Veterans' Concerns
Domestic Violence

Length: 4:43

Show # 2024-04

Date aired: 01/22/24 **Time Aired:** 4:30 a.m.

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

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 the digital currency.

Issues covered:
Digital Currencies
Personal Finance

Length: 8:58

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

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.

Issues covered:
Substance Abuse
Parenting

Length: 8:15

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

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.

Issues covered:
Personal Health

Length: 5:01

Show # 2024-05

Date aired: 01/29/24 **Time Aired:** 4:30 a.m.

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)*"

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.

Issues covered:
Manufacturing
Economy
Government

Length: 8:43

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

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.

Issues covered:
Personal Health
Science

Length: 8:37

James Royal, analyst at Bankrate.com

Mr. Royal explained why Chat GPT 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 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.

Issues covered:
Personal Finance
Artificial Intelligence

Length: 5:04

Show # 2024-06

Date aired: 02/05/24 **Time Aired:** 4:30 a.m.

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

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 than can pass down strength instead of pain, thereby breaking the cycle.

Issues covered:

Length: 8:41

Mental Health

Child Abuse

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

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.

Issues covered:

Length: 8:35

Personal Health

Longevity

Andreas Groehn, Director of the Berkeley Research Group

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.

Issues covered:

Length: 5:00

Taxes

Transportation Infrastructure

Show # 2024-07

Date aired: 02/12/24 **Time Aired:** 4:30 a.m.

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

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.

Issues covered:

Length: 9:27

Child Abuse & Neglect

Alcohol Abuse

Foster Care

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

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.

Issues covered:

Length: 7:46

**Government Assistance
Disabilities
Rural Concerns
Aging**

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

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 results of his study and the potential reasons behind them.

Issues covered:

Length: 5:10

**Personal Health
Education**

Show # 2024-08

Date aired: 02/19/24 **Time Aired:** 4:30 a.m.

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

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.

Issues covered:

Length: 9:33

**Mental Health
Personal Health**

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*"

Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but the term used today is 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.

Issues covered:
Women's Health
Domestic Abuse
Mental Health

Length: 7:47

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

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.

Issues covered:
Home Safety
Government Regulation
Consumer Matters

Length: 5:01

Show # 2024-09

Date aired: 02/26/24 **Time Aired:** 4:30 a.m.

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

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.

Issues covered:
Food Safety
Personal Health
Consumer Matters

Length: 8:14

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

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 pedestrian safety.

Issues covered:
Traffic Fatalities
Government

Length: 8:54

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

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.

Issues covered:
Scams/Crime
Senior Citizens

Length: 5:03

Show # 2024-10

Date aired: 03/04/24 **Time Aired:** 4:30 a.m.

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

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.

Issues covered:
Personal Health

Length: 7:29

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

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.

Issues covered:
Sexual Abuse
Parenting
Mental Health

Length: 9:40

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

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.

Issues covered:
Parenting
Obesity
Consumer Matters

Length: 4:51

Show # 2024-11

Date aired: 03/11/24 **Time Aired:** 4:30 a.m.

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

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

Issues covered:

**Personal Health
Aging**

Length: 8:50

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

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.

Issues covered:

**Education
Parenting**

Length: 8:31

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

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.

Issues covered:

**Child Safety
Parenting**

Length: 5:04

Show # 2024-12

Date aired: 03/18/24 **Time Aired:** 4:30 a.m.

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

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 911. 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.

Issues covered:

**Emergency Services
Public Health**

Length: 8:12

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

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.

Issues covered:
Teenager Concerns
Parenting
Mental Health

Length: 9:12

Jeff Ostrowski, Analyst at Bankrate.com

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.

Issues covered:
Home Ownership
Consumer Matters
Legal Issues

Length: 4:58

Show # 2024-13

Date aired: 03/25/24 **Time Aired:** 4:30 a.m.

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

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.

Issues covered:
Housing
Community Development
Government

Length: 8:53

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

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.

Issues covered:
Personal Health

Length: 8:30

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

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.

Issues covered:
Education

Length: 4:51



**Quarterly Issues Report – Q1 First Quarter, 2014 1/5/14 through 3/30/14
Viewpoints Programs 13-40 through 13-52**

During the first quarter the following compliancy issues were covered

Addiction	Infrastructure
Adoption	Interpersonal & business communication
African-American issues	Labor
Agriculture	Laws and The Constitution
Alcoholism	Literature & literacy
Alzheimer's disease	Marriage
Art & popular culture	Media
Business	Medicine
Celebrity culture	Mental health
Children & family issues	Philanthropy
Civil liberties	Politics
Climate change	Popular culture
Communication	Poverty
Conservation	Presidents
Consumerism	Privacy issues
Crime	Public Safety
Culture	Racism
Death	Recreation
Ecology	Recreation & hobbies
Education	Relationships
Employment	Religion
Entrepreneurism	Science & Technology
Environment	Sports and recreation
Family issues	Stock market
Finance	Technology
Gay and lesbian issues	The arts
Gay Rights	The Presidency
Government	Travel
Health	Urban Issues
Health & well-being	War
History	Wildlife
Homelessness	
Immigration	

Program # 14-01
Air week: 1/5/14

1:48 SEGMENT #1 – America’s History Through Objects & Artifacts 11:17

SYNOPSIS: We learn American history in school mainly through reading and lectures. Why not through tangible objects? We talk to a curator from the Smithsonian Institution about how their collections offer us a unique insight into our nation – even before it became a nation – that books, movies, and lectures can’t.

Host: Gary Price. **Guests:** Richard Kurin, Undersecretary for History, Art and Culture, The Smithsonian Institution, Washington, DC, and author of the book, “The Smithsonian’s History of America in 101 Objects.”

COMPLIANCY ISSUES COVERED: Presidents, philanthropy, African-America issues, art & popular culture, science

14:08 SEGMENT #2- New Year’s Resolutions: How to make them to keep them 11:12

SYNOPSIS: It’s the beginning of January, and that’s the time when the New Year’s resolutions get made. Shortly thereafter, many if not most, get broken. But why? What is it that makes some people successful at staying on that diet, or away from cigarettes and others not? We talk to a psychologist and to an author of self-improvement books about what it takes to keep those promises to yourself.

Host: Marty Peterson. **Guests:** Frank Farley, professor and psychologist at Temple University, and former president of the American Psychological Association Paul McKenna, internationally recognized hypnotist and author of many self-improvement books, including, “Quit Smoking Today-Without Gaining Weight,”

COMPLIANCY ISSUES COVERED: health, recreation, relationships, addiction

Program # 14-2
Air week: 1/12/14

1:49 :02 PAUSE FOR LOCAL AVAIL :02

SEGMENT #1 – Dorothea Lange: Bearing witness to hard times 10:07

SYNOPSIS: The Great Depression and the Dust Bowl years brought with them hardship and change for a large part of the country. We know about how difficult it was for Americans in cities and in farming communities on the Plains and the Southwest, in part, because of a little-known government photographer named Dorothea Lange, who documented the people and places hit hardest. We talk to her goddaughter and biographer about Lange, her life and the personal demons and disabilities that informed her unique style and her passion for her work.

Host: Gary Price. **Guests:** Elizabeth Partridge, author of “Dorothea Lange: Grab a hunk of lightning,”

COMPLIANCY ISSUES COVERED: poverty, agriculture, civil liberties, racism, the arts, government, homelessness

12:59 SEGMENT #2- Kids’ Books: How dark and gory stories affect children 12:25

SYNOPSIS: It seems that kids’ lit is getting darker and more violent all the time. Stories of zombies, vampires and intergalactic war are all the rage, and kids just can’t get enough of them. But do these books make kids more violent or afraid? We talk to two best-selling authors of young people’s literature about what kids look for in these stories, how they can help young people deal with their fears and create life-long reading habits.

Host: Marty Peterson. **Guests:** Adam Gidwitz, author of “The Grimm Conclusion,” Anthony Horowitz, author of the Alex Rider stories, the latest of which is titled “Russian Roulette,”

COMPLIANCY ISSUES COVERED: education, children & family issues, literature & literacy

Program # 14-03

Air week: 1/19/14

1:48 SEGMENT #1 – Wildlife Encroachment & Encounters 11:12

SYNOPSIS: It seems that more and more these days, wild animals are making their way into urban areas, frightening residents and putting themselves in danger. Why are deer, coyotes, bears, cougars and other wild animals showing up in suburban gardens and on city streets? We talk to a man who has studied bears for 20 years about what makes these animals move into cities and towns, how we can prevent their visits, and how to behave safely if a bear happens to cross your forest – or garden -- path.

Host: Gary Price. Guests: Ben Kilham, bear researcher, wildlife rehabilitator, author of the book, "Out on a Limb: What black bears have taught me about intelligence and intuition."

COMPLIANCY ISSUES COVERED: environment, wildlife, conservation, public safety, urban issues

14:02 SEGMENT #2 Deadline Artists: How columnists define our culture 11:35

SYNOPSIS: Many of the most memorable and historical newspaper stories haven't been found in the news section at all. They've been the contributions of columnists who wrote not only about events, but also about how they affected people, policies and our culture. We talk to two journalists and columnists about these "deadline artists," how they did their jobs under pressure, defined our country, and how we learned more about ourselves through their writing.

Host: Marty Peterson. Guests: Errol Louis and John Avlon, editors of "Deadline Artists: America's greatest newspaper columns,"

COMPLIANCY ISSUES COVERED: politics, war, culture, media, gay rights

Program # 14-04
Air week: 1/26/14

1:36 SEGMENT #1 – Technology: Too much tech for our kids? 12:11

SYNOPSIS: How much tech is too much for kids and adults? We talk to two communications specialists about the differences between how young people and older people use technology; introduce ideas for children and adults to stay safe online; and discuss why and when parents should draw time boundaries for themselves and their children when it comes to using cell phones, computers and video games.

Host: Gary Price. Guests: Anne Katherine, therapist, author of, "Boundaries in an Overconnected World," Rob Weiss, therapist and author of "Closer Together, Further Apart,"

COMPLIANCY ISSUES COVERED: technology, privacy issues, family issues, health & well-being

15:19 SEGMENT #2- Leaving Tinkertown: A daughter remembers her eccentric dad 10:07

SYNOPSIS: Tanya Ward Goodman's dad, Ross, was a talented painter, a hard worker and a passionate man with a dream who built the tiny town of his dreams in New Mexico. Then he began acting erratically and for a long time, no one could explain it. We talk to Goodman about her childhood with her artist father and how his life and hers changed after he contracted early-onset Alzheimer's.

Host: Marty Peterson. Guests: Tanya Ward Goodman, author of "Leaving Tinkertown,"

COMPLIANCY ISSUES COVERED: the arts, recreation, alcoholism, Alzheimer's disease

Program # 14-05
Air week: 2/2/14

1:49 SEGMENT #1 – Resumes and Digital Interviews: What you need to know 10:12

of the change to extremes in our climate. We talk to two scientists about how water conservation can help decrease the carbon in the atmosphere, and how doing so at home doesn't mean a lifestyle change.

Host: Gary Price. Guests: Dr. Mark LeChevallier, Dir. of Innovation and Environmental Stewardship for American Water company; John Rogers, Sr. Analyst with the Climate and Energy Program, Union of Concerned Scientists, co-author of "Cooler, Smarter: Practical steps for low-carbon living,"

COMPLIANCY ISSUES COVERED: climate change; environment; science & technology; infrastructure; consumerism, government

14:36 SEGMENT #2- George Washington and the Making of the Presidency 11:55

SYNOPSIS: The President of the United States has a lot of powers that we think are given to him by the U.S. Constitution. You might be surprised to find out, however, that very little in that document actually outlines the job or the authority the Commander-in-Chief possesses. We talk to a historian about how executive powers and privilege for the President were created not by Congress but by the first man to hold the nation's highest office.

Host: Marty Peterson. Guests: Harlow Giles Unger, historian and author of the book, "Mr. President: George Washington and the making of the nation's highest office,"

COMPLIANCY ISSUES COVERED: government, history, the Presidency, laws & the Constitution

Program # 14-08
Air week: 2/23/14

SEGMENT #1 – Maple Syrup: There's more to it than you might think 11:55

SYNOPSIS: We don't usually think about how producers take tree sap and turn it into the maple syrup we put on our pancakes, but it's a fascinating process that involves families, new and old technology and even international intrigue. We talk to two men who are involved with syrup production about how it's done, and how families and communities are often defined by their work in this field.

Host: Gary Price. Guests: Dr. Michael Farrell, Dir. of the Uihlein Forest, Cornell University's Sugar Maple Research and Extension Field Station, Lake Placid, NY, author of "The Sugarmaker's Companion: An integrated approach to producing syrup from maple, birch and walnut trees," Douglas Whynott, author of "The Sugar Season: A year in the life of maple syrup and one family's quest for the sweetest harvest,"

COMPLIANCY ISSUES COVERED: agriculture, entrepreneurship, ecology, crime, stock market

SEGMENT #2- The Priority List: Does *your* life make a difference? 9:44

SYNOPSIS: We all like to think that our life will make a difference in the lives of others, and it usually does with our families. But what about people outside of our own loved-ones? We talk to a former teacher who is battling brain cancer and who traveled around the country to find out if his students thought he made a difference in their lives.

Host: Marty Peterson. Guests: David Menasche, former high school teacher, author of the book, "The Priority List: A teacher's final quest to discover life's great lessons." Find more info on Facebook at The Priority List.

COMPLIANCY ISSUES COVERED: health, education, travel, alcohol abuse

Program # 14-09
Air week: 3/2/2014

SEGMENT #1 – Secrets and Lies: How they can change our lives 12:37

SYNOPSIS: Why do we keep secrets and tell lies? Is it always wrong to do so? How does it hurt others – and us—to do so? We talk to an expert on the science of lying and to an author who found out her husband's 'big lie' and then spent years keeping his secret. Our guests discuss how we learn to lie, the different types of lies, how keeping secrets hurt families, and how we can unburden ourselves of the secrets we carry to have a more healthy and happy life.

Host: Gary Price. Guests: Dr. Robert Feldman, Dean of the College of Social and Behavioral Sciences, and Prof. of Psychology, University of Massachusetts-Amherst, author of "The Liar in Your Life," Jane Isay, author of "Secrets and Lies: Surviving the truths that change our lives,"

COMPLIANCY ISSUES COVERED: marriage, death, gay & lesbian issues, mental health, adoption

SEGMENT #2- History of Physics: Why it's important and fun to learn 9:03

SYNOPSIS: The history of physics is a long and extremely interesting one, littered with the names of some of the most famous scientists in the world, like Galileo, Newton, Copernicus, Einstein, Curie, and others. It is also the story of great discoveries that changed cultures, religious beliefs and politics over the centuries. We talk to a science historian about a few of the highlights throughout the long history of physics and astronomy.

Host: Marty Peterson. Guest: Tom Jackson, author of "Physics: An illustrated history of the foundations of science" – a Ponderables book.

COMPLIANCY ISSUES COVERED: history, science and technology, religion, education

Program # 14-10

Air week: 3/9/14

SEGMENT #1 – Macho Dad: The quest for masculinity 11:01

SYNOPSIS: When a father finds out that his new baby is a boy, what goes through his mind? It's different for everyone, but for humor columnist Joel Stein it was sheer terror! Stein, who was not an outdoorsy, sporty, risk-taking child or adult, realized he was going to have to "man up" so he could teach his son about camping, self-defense, day trading, baseball – all the macho arts. So he went out and found the best people he could to teach him. He talks about his adventures in manhood and about what he learned from the experiences and the men who schooled him.

Host: Gary Price. Guests: Joel Stein, humor columnist, Time magazine, author of "Man Made: A stupid quest for masculinity,"

COMPLIANCY ISSUES COVERED: finance, sports and recreation, family issues

SEGMENT #2- How to Work a Room: Navigating business and social events 10:37

SYNOPSIS: Everyone has been the "stranger in the room" when they've attended a business or social event. It can be intimidating and awkward, and sometimes make you want to run out the door! We talk to the "mingle maven" about how to navigate these events by starting a conversation with someone you don't know, joining a group of strangers, handling difficult people, and extracting yourself from sticky situations.

Host: Marty Peterson. Guests: Susan RoAne, keynote speaker, coach, educator and author of the Silver Anniversary Edition of her best-selling book, "How To Work A Room," (www.susanroane.com).

COMPLIANCY ISSUES COVERED: business, interpersonal & business communication, celebrity culture

Program # 14-11

Air week: 3/16/14

SEGMENT #1 – Bullying and Hazing: How to deal with the fallout 11:22

SYNOPSIS: Many kids are victims of bullying by their peers, and they and their parents don't know why it happens or how to stop it. Hazing rituals are similar to bullying, but the victim willingly participates. We talk to two bullying specialists about why kids bully, what makes someone join in a hazing ritual, what are the signs that a child is being bullied, and find out some strategies parents, teachers and bystanders can use to prevent bullying and deal with both the aggressors and the victims.

Host: Gary Price. Guests: Jodee Blanco, speaker, former bully victim, author of "The Please Stop Laughing At Me Journal," Dr. Nadine Kaslow, professor and Vice Chair for Faculty Development in the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine, Chief Psychologist at Grady

Memorial Hospital.

COMPLIANCY ISSUES COVERED: children & family issues; bullying; therapy; education

SEGMENT #2- Long-Term Unemployed: It's more than just a financial toll 11:08

SYNOPSIS: Many Americans have been out of work for more than six months, and are considered "long-term unemployed." It's tough for everyone looking for a job, but especially hard for formerly well-paid white-collar workers. We talk to a researcher and author about the toll it takes on workers and their families, get some advice on how to lessen the frustration and depression that comes with being unemployed, and hear some strategies for getting unemployed workers back on the job.

Host: Marty Peterson. Guests: Ofer Sharone, Asst. Prof. at the Sloan School of Management, MIT, author of "Flawed System, Flawed Self,"

COMPLIANCY ISSUES COVERED: employment, business, government

Program # 14-12

Air week: 3/23/14

SEGMENT #1 – Choosing the Boss: What makes a great CEO? 11:03

SYNOPSIS: A number of high-profile companies have appointed new CEOs lately. What is it that makes one candidate better than another to lead a corporation and make it innovative and profitable? We talk to two management specialists about the characteristics of a good leader, what the CEO is responsible for, and what sets great CEOs apart from other business leaders.

Host: Gary Price. Guests: Bill Pasmore, Organizational Practice Leader at the Center for Creative Leadership, and Professor of Social Organizational Psychology at Columbia University, NYC. Adam Bryant, "The Corner Office" columnist for the New York Times, and author of the book, "Quick and Nimble: Lessons from leading CEOs on how to create a culture of innovation,"

COMPLIANCY ISSUES COVERED: business & labor, leadership, crisis management, innovation

SEGMENT #2- Pranksters: How pranks, hoaxes & cons affect us and our world 10:34

SYNOPSIS: April Fools' Day is coming up and just about everyone will have some sort of joke played on him or her that day. We talk to an expert on pranks – and a prankster himself – about pranks, hoaxes and cons, the differences between those three things, how pranks and humor have helped make people think about some of the most important issues of our times.

Host: Marty Peterson. Guests: Kembrew McLeod, Professor of Communication Studies at the University of Iowa, author of the book, "Pranksters: Making mischief in the modern world,"

COMPLIANCY ISSUES COVERED: religion, free speech, social issues, protesting, entertainment

Program # 14-13

Air week: 3/30/14

SEGMENT #1 - Human Trafficking and Its Toll 11:13

SYNOPSIS: Slavery is alive in the United States and around the world in the 21st century. That's hard to believe, but all over the world people are being forced to work long hours as laborers or the sex trades, in horrible conditions for little or no money – and there's no way for them to get out. We talk to two specialists in human trafficking about the issue and what's being done to help the survivors of this horrible crime and their families.

Host: Gary Price. Guests: Melysa Sperber, Dir. of the Alliance to End Slavery and Trafficking, a project of Humanity United Kay Buck, CEO of Coalition to Abolish Slavery and Trafficking, CAST, Los Angeles, CA

COMPLIANCY ISSUES COVERED: slavery, labor, crime & law enforcement, immigration, criminal justice system, business

SEGMENT #2- The Future of the Mind 11:20

SYNOPSIS: It's amazing that in the 21st century, science knows so much about all of the organs of the body save one: the brain. We talk to a scientist and author about the unbelievable abilities of the brain, how memories help us predict the future, where dreams are located, how brain injury can sometimes make someone a genius, and how research into brain function is opening up new areas of understanding the mind and its possibilities.

Host: Marty Peterson. Guests: Dr. Michio Kaku, physicist, professor of theoretical physics City College and City University of New York, co-founder of string theory, and author of "The Future of the Mind: The scientific quest to understand, enhance, and empower the mind,"

COMPLIANCY ISSUES COVERED: medicine, science and technology, education

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Radio Health Journal[®]

**Quarterly Issues Report – Q1 2014 1/5/14 through 3/30/14
Radio Health Journal Programs 14-01 through 14-13**

During the first quarter of 2014 the following compliancy issues were covered:

Agriculture	Laws and federal government
Arts and culture	Local government
Business and industry	Medicare and federal government
Charities	Military preparedness
Consumerism	Parenting issues
Crime	Police and fire
Disabilities	Poverty
Disaster preparedness	Prevention
Discrimination	Property and water rights
Drought	Psychology
Economics	Public health
Education	Public safety
Emergency response	Rehabilitation
Environment and weather	Science and culture
Family issues	Senior citizens and the elderly
Federal government	Suicide
Food additives	Technology
Food regulations	US Government and military
Food supply	Volunteerism
Gender issues	Weather and climate change
Health care	Women's issues
Interpersonal relationships	Youth at risk

COMPLIANCY ISSUES COVERED: health care; public safety; prevention

Program # 14-11 Air Week: 3-16-14

2:05 SEGMENT 1: Birth control sabotage

13:03

Synopsis: Health clinic counselors have learned that reproductive coercion is much more rampant than they imagined. Many young men try to get their girlfriends pregnant against their will, and often even sabotage birth control to do it. Experts discuss what might be behind this form of abuse, and how relationship education in clinics and schools could help combat it.

Host: Reed Pence. Guests: Dr. Elizabeth Miller, Chief of Adolescent medicine, Children's Hospital of Pittsburgh and Assoc. Prof. of Pediatrics, Univ. of Pittsburgh; Lisa James, Director of Health, Family Violence Prevention Fund; Dr. Aisha Mays, Family practice specialist, Oakland, CA

COMPLIANCY ISSUES COVERED: youth at risk; women's issues; gender issues; family violence; sexual abuse; prevention; education; sex education; public health; unintended pregnancy and teen pregnancy

16:10 SEGMENT 2: Snowsport helmets

7:40

Synopsis: Helmet use in skiing and snowboarding has skyrocketed in the last decade, and while it has reduced less severe injuries, it has not resulted in a drop in catastrophic head injuries. Experts discuss helmet use and its limitations, and the behaviors that could explain a continued high level of severe injuries.

Host: Nancy Benson. Guest: Dr. Jake Shealey, Prof. Emeritus of Industrial and Systems Engineering, Rochester Institute of Technology; Dave Byrd, Director of Risk and Regulatory Affairs, National Ski Areas Assn.; Dr. Jeff Mjaanes, sports medicine specialist, Midwest Orthopedics at Rush Univ. Medical Center, Chicago and Director, Chicago Sports Concussion Clinic.

COMPLIANCY ISSUES COVERED: health care; consumerism; sports and recreation.

Program # 14-12 Air Week: 3-23-14

2:02 SEGMENT 1: Obesity as a disease

12:26

Synopsis: Last summer, the American Medical Association labeled obesity as a disease in hopes of getting physicians and society to take it more seriously as a medical problem and not as a lack of willpower. However, some researchers are finding psychological side effects of "having a disease." Experts discuss the effects of the declaration on the public and medical community.

Host: Reed Pence. Guests: Ted Kyle, spokesman, Obesity Society (obesity.org); Dr. David Katz, Director, Yale Univ. Prevention Research Center and author, [Disease Proof: The Remarkable Truth About What Makes Us Well](#) (davidkatzmd.com); Dr. Crystal Hoyt, Assoc. Prof. of Leadership Studies and Psychology, Univ. of Richmond; Dr. Jenny Bernette, Asst. Prof. of Psychology, Univ. Of Richmond (richmond.edu).

COMPLIANCY ISSUES COVERED: health care; public health; discrimination; media and society; consumerism

SEGMENT 2: OTC drugs and kids

8:37

Synopsis: Young adolescents often are allowed to take over the counter drugs on their own, but many OTC medicines, especially acetaminophen, can be dangerous. Experts discuss how to educate 'tweens on taking OTC drugs safely.

Host: Nancy Benson. Guests: Dr. Tanya Altman, Asst. Clinical Prof. of Pediatrics, Mattel Children's Hospital, UCLA and spokesperson, American Academy of Pediatrics; Dr. Janet Engle, Exec. Assoc. Dean, Prof. and head of Dept. of

