

**BEASLEY MEDIA GROUP, LLC
ISSUES AND PROGRAMS REPORT FOR
STATIONS WRIF-FM, WRIF-HD2 & WRIF-HD3
4th QUARTER, 2023
October 1st THROUGH December 31st**

ISSUES OF CONCERN TO THE STATIONS
WRIF-FM, WRIF-HD2 & WRIF-HD3
ADDRESSED IN RESPONSIVE PROGRAMMING IN THE
FOURTH-QUARTER, 2023

1. PARENTING
2. EMPLOYMENT
3. YOUTH VIOLENCE
4. FINANCE
5. EDUCATION
6. HEALTH
7. VOTING
8. ECONOMY
9. WOMEN'S ISSUES
10. RACISM
11. MENTAL HEALTH
12. BUSINESS
13. HEALTH INSURANCE
14. PUBLIC TRANSPORTATION
15. SUBSTANCE ABUSE
16. POLLUTION
17. CAREER
18. AGRICULTURE
19. TERRORISM
20. PRISON REFORM
21. GOVERNMENT REGULATION
22. TRAFFIC SAFETY
23. DISCRIMINATION
24. GOVERNMENT

- 25. SCHOOL VIOLENCE
- 26. CONSUMER MATTERS
- 27. HUMAN TRAFFICKING

PUBLIC AFFAIRS PROGRAMS

WRIF PROGRAMS THAT
ADDRESS COMMUNITY ISSUES

InfoTrak

(Sunday – 6:00 a.m. - 7:00 a.m.)

INFOTRAK is the weekly nationally syndicated Public Affairs radio show featuring interviews with experts and authorities, discussing topics of interest to most Americans.

FOURTH QUARTER 2023

INFOTRAK

October 1st, 2023

TIME: 6:00am – 7:00am

TOPIC: PARENTING

LENGTH: 15 Minutes

The hosts interviewed 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, and 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 teens.

TOPIC: EMPLOYMENT

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: YOUTH VIOLENCE

LENGTH: 15 Minutes

The hosts interviewed Rashmi Shetgiri, MD, Assistant Professor of Pediatrics, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center. Dr. Shetgiri led a study of what factors influence teens to get involved with weapons. She said emotional distress and substance abuse both increase the odds for white, black and Hispanic youth to carry or use a gun or knife. She also discussed the importance of parents and positive role models in the prevention of youth violence.

TOPIC: FINANCE

LENGTH: 15 Minutes

The hosts interviewed Harold Pollack, PhD, Helen Ross Professor of Social Service Administration at the University of Chicago, where he researches health and urban policy concerns, nonresident fellow at the Century Foundation, co-author of "The Index Card: Why Personal Finance Doesn't Have to Be Complicated". Dr. Pollack believes that everything Americans need to know about managing their money could fit on a single index card. He explained why his nine simple rules

outperform more complicated financial strategies. He also discussed the most responsible way to select a financial advisor and why he felt one of his most important rules should be to support the nation's social safety net.

INFOTRAK

October 8th, 2023

TIME: 6:00am – 7:00am

TOPIC: EDUCATION

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: HEALTH

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: VOTING

LENGTH: 15 Minutes

The hosts interviewed Katy J. Harriger, PhD, Chair and Professor, Department of Politics and International Affairs at Wake Forest University. Our nation's political climate is more polarized than ever, and voter turnout among young people is abysmal. But Dr. Harriger led a study that found that learning to talk about

controversial issues while in college can inspire young adults to be more engaged citizens even ten years later. She explained what the students were taught and how it could be applied to voters of any age.

TOPIC: FINANCE

LENGTH: 15 Minutes

The hosts interviewed Matt Schulz, Senior Industry Analyst at CreditCards.com. 25 million credit cardholders haven't changed their go-to credit card in at least ten years. Mr. Schultz said that people are missing many rewards because card issuers are hotly competing for new customers and giving big sign-up bonuses. He outlined some of the methods savvy consumers use to get the most out of their credit cards. He also explained why many consumers are reluctant to switch cards.

INFOTRAK

October 15th, 2023

TIME: 6:00am – 7:00am

TOPIC: HEALTH

LENGTH: 15 Minutes

The hosts interviewed 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 chatbots will be great tools for healthcare providers to communicate with patients, improve quality of care, and reduce misdiagnoses and errors.

TOPIC: ECONOMY

LENGTH: 15 Minutes

The hosts interviewed 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 long-term

consequences, some rent-burdened residents reported cutting back on medicine and other health care that could have cascading effects.

TOPIC: WOMEN'S ISSUES

LENGTH: 15 Minutes

The hosts interviewed Patty Ann Tublin, PhD, author of "Money Can Buy You Happiness: Secrets Women Need to Know to Get Paid What They Are Worth!". Dr. Tublin outlined ways women can close the gender wage gap and negotiate their true worth at work. She explained why women have a harder time accepting the emotional and financial value of money, and how to change that attitude. She also offered suggestions for women who would like to determine what the appropriate pay range is for a particular job.

TOPIC: PARENTING

LENGTH: 15 Minutes

The hosts interviewed Henry S. Gornbein, attorney, author of "Divorce Demystified: Everything You Need to Know Before You File for Divorce". Mr. Gornbein said next to the death of a loved one, divorce is one of the most traumatic of life's experiences. He discussed the sometimes-complicated steps to take when deciding whether to proceed with a divorce. He talked about the significant ways divorce has changed in recent years, including the surprising influence of social media and changes in child custody arrangements.

INFOTRAK

October 22nd, 2023

TIME: 6:00am – 7:00am

TOPIC: RACISM

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: PARENTING

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: MENTAL HEALTH

LENGTH: 15 Minutes

The hosts interviewed Brian Fleming, combat veteran, and co-author of “Redeployed: How Combat Veterans Can Fight the Battle Within and Win the War at Home”. Mr. Fleming discussed Post Traumatic Stress Disorder and other difficulties faced by combat veterans and their families. He noted that the suicide rate among veterans under the age of 30 has risen by 44% in the past several years. He said no one prepares veterans to successfully make the transition back home. He offered strategies for both vets and their families who are struggling with a return to civilian life.

TOPIC: HEALTH

LENGTH: 15 Minutes

The hosts interviewed Bradley F. Bale, MD, heart attack and stroke prevention specialist, Medical Director of the Heart Health Program for Grace Clinic, Lubbock, TX, author of “Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes”. Heart disease affects 81 million Americans and is the culprit in one of every two deaths in the United States. Dr. Bale said most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren’t aware of other major risk factors. He outlined some relatively inexpensive lab tests that can uncover arterial

inflammation and its underlying causes. He also talked about the importance of simple lifestyle changes that can dramatically cut the risk of heart attack and stroke.

INFOTRAK

October 29th, 2023

TIME: 6:00am – 7:00am

TOPIC: BUSINESS

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: HEALTH INSURANCE

LENGTH: 15 Minutes

The hosts interviewed Nathalie Hugué, PhD, Associate Professor of Family Medicine, at the Oregon Health & Science University School of Medicine. Prof. Hugué 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.

TOPIC: HEALTH

LENGTH: 15 Minutes

The hosts interviewed Michael J. Blaha, MD, MPH, Preventive Cardiologist, Director of Clinical Research at the Ciccarone Center for the Prevention of Heart Disease at Johns Hopkins Hospital. Dr. Blaha recently led a study that suggests that people who exercise habitually are more likely to survive their first heart

attack. He discussed the wide-ranging benefits of exercise and how much is enough. He said even older people can get in shape and get the heart-protective benefits of physical activity. He also offered ideas for how to get started.

TOPIC: PUBLIC TRANSPORTATION

LENGTH: 15 Minutes

The hosts interviewed Janette Sadik-Khan, transportation and urban transformation expert, former transportation commissioner of New York City, and author of “Streetfight: Handbook for an Urban Revolution”. Ms. Sadik-Khan discussed the importance of incorporating innovative transportation plans into modern urban environments. She explained how cities can add protected bike paths, improve crosswalk space, and provide visual cues to reduce speeding. She said redesigning streets can reduce congestion and increase foot traffic, which often improves the bottom line of local businesses.

INFOTRAK

November 5th, 2023

TIME: 6:00am – 7:00am

TOPIC: HEALTH

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: HEALTH INSURANCE

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: MENTAL HEALTH

LENGTH: 15 Minutes

The hosts interviewed Marie Jameson, home and lifestyle columnist, author of “Downsizing The Family Home: What to Save, What to Let Go”. Nearly everyone eventually faces the difficult, emotional journey of downsizing an aging parents' home. She talked about the often-unexpected emotions and challenges as people sort through a lifetime of possessions. She explained how to make wise decisions on what to keep, toss or sell, and why it is usually easiest if elder family members are involved, rather than leaving the task to their heirs after their death.

TOPIC: SUBSTANCE ABUSE

LENGTH: 15 Minutes

The hosts interviewed Tracey Helton Mitchell, former heroin addict, author of “The Big Fix: Hope After Heroin”. Ms. Mitchell shared her story of addiction and recovery. She spent eight years on the streets of San Francisco as a heroin addict, then successfully quit and started life anew. She talked about the common misconceptions about heroin addiction, especially for women, and offered advice for those who are struggling with substance abuse.

INFOTRAK

November 12th, 2023

TIME: 6:00am – 7:00am

TOPIC: HEALTH

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: POLLUTION

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: CAREER

LENGTH: 15 Minutes

The hosts interviewed Michelle A. Riklan, employment and career expert, co-author of "101 Great Ways to Compete in Today's Job Market". Mr. Riklan offered marketing ideas for people either looking for a job or hoping to move their careers forward. She explained the critical importance of social media in today's job market and offered tips to optimize a LinkedIn page. She said even people who are secure in their current jobs should be prepared to immediately take advantage of an opportunity at a better job.

TOPIC: HEALTH

LENGTH 15 Minutes

The hosts interviewed Judy Foreman, nationally syndicated health columnist, author of "A Nation in Pain: Healing Our Biggest Health Problem". According to government statistics, 100 million American adults live in chronic pain. Ms. Foreman discussed the connection between chronic pain and prescription drug addiction. She said exercise is one of the most effective ways to deal with chronic pain. She also discussed reforms in government policies that could allow the healthcare system to better deal with the epidemic of chronic pain.

INFOTRAK**November 19th, 2023****TIME: 6:00am – 7:00am****TOPIC: EDUCATION****LENGTH: 15 Minutes**

The hosts interviewed 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.

TOPIC: AGRICULTURE**LENGTH: 15 Minutes**

The hosts interviewed 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.

TOPIC: TERRORISM**LENGTH: 15 Minutes**

The hosts interviewed Robert Sholly, domestic counterterrorism expert, retired army colonel who is experienced in both counterterrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988. Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

TOPIC: PRISON REFORM**LENGTH: 15 Minutes**

The hosts interviewed Shaka Senghor, author of “Writing My Wrongs: Life, Death, and Redemption in an American Prison”. In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

INFOTRAK**November 26th, 2023****TIME: 6:00am – 7:00am****TOPIC: CAREER****LENGTH: 15 Minutes**

The hosts interviewed Chris Bailey, productivity expert, and 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.

TOPIC: GOVERNMENT REGULATION**LENGTH: 15 Minutes**

The hosts interviewed Janet Murnaghan, journalist, and 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 nothing was 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 social media, she convinced the government to change organ donation rules permanently.

TOPIC: EDUCATION**LENGTH: 15 Minutes**

The hosts interviewed Steven Roberts, college-funding expert, author of “Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better”. Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship money and why a student’s GPA isn’t everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

TOPIC: TRAFFIC SAFETY**LENGTH: 15 Minutes**

The hosts interviewed Laura Adams, Senior Insurance Analyst at insuranceQuotes.com. A traffic ticket can cause a driver’s auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations, how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

INFOTRAK**December 3rd, 2023****TIME: 6:00am – 7:00am****TOPIC: EMPLOYMENT****LENGTH: 15 Minutes**

The hosts interviewed 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.

TOPIC: EMPLOYMENT

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: FINANCE

LENGTH: 15 Minutes

The hosts interviewed Ric Edelman, nationally recognized financial advisor, syndicated columnist, and author of "The Truth About Retirement Plans and IRAs". Only half of all eligible Americans contribute to a retirement plan. Mr. Edelman explained how the average person can save for a comfortable retirement. He talked about the importance of 401(k)s, and IRAs. He also explained how to determine how much money a person may need in retirement and the dangers of borrowing money from retirement funds.

TOPIC: HEALTH

LENGTH: 15 Minutes

The hosts interviewed James Hubbard, MD, family physician, and author of "Living Ready Pocket Manual - First Aid: Fundamentals for Survival". Dr. Hubbard discussed basic skills that everyone should know in the event of a medical emergency, and basic first aid supplies that every home should have on hand. He outlined steps to stop serious bleeding and what to do in the event someone simply collapses. He also talked about the lifesaving value of automated external defibrillators, which are found in many public places.

INFOTRAK

December 10th, 2023

TIME: 6:00am – 7:00am

TOPIC: MENTAL HEALTH

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: DISCRIMINATION

LENGTH: 15 Minutes

The hosts interviewed 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.

TOPIC: HEALTH

LENGTH: 15 Minutes

The hosts interviewed Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario. Dr. Gibala led a study that found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. He recommends the plan for occasionally busy days, not as a permanent substitute for longer and more moderate workouts. He said the findings put to rest the common excuse for not getting in shape: there is not enough time.

TOPIC: MENTAL HEALTH

LENGTH: 15 Minutes

The hosts interviewed Chris Melde, PhD, Associate Professor and Director of Graduate Studies, School of Criminal Justice at Michigan State University. Dr. Melde was the co-author of a study of street gang membership. He found that depression and suicidal thoughts or attempts are common among youth who join gangs. He outlined the reasons that many troubled teens join gangs and why gang life causes already significant problems in their lives to become even worse.

INFOTRAK

December 17th, 2023

TIME: 6:00am – 7:00am

TOPIC: GOVERNMENT

LENGTH: 15 Minutes

The hosts interviewed Laurence J. Kotlikoff, Ph.D., Professor of Economics, and William Warren Fairfield Professor at Boston University, former Senior Economist on the President's Council of Economic Advisers, co-author 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.

TOPIC: SCHOOL VIOLENCE

LENGTH: 15 Minutes

The hosts interviewed Andrew Perry, a 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.

TOPIC: CONSUMER MATTERS**LENGTH: 15 Minutes**

The hosts interviewed Bart de Langhe, PhD, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder. Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe led a study that found that there is little correlation between better online user ratings and the quality of a product. He explained why consumer opinions often fail to agree with objective product research by consumer organizations.

TOPIC: HEALTH**LENGTH: 15 Minutes**

The hosts interviewed W. David Brown, PhD, DABSM, CBSM, Sleep Psychologist at Children's Medical Center, Dallas, co-author of "Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed". Many Americans believe that less sleep equals more productivity. But Dr. Brown said that sufficient sleep and success go hand in hand. He discussed the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance workplace performance.

INFOTRAK**December 24th, 2023****TIME: 6:00am – 7:00am****TOPIC: FINANCE****LENGTH: 15 Minutes**

The hosts interviewed Ryan Kalember, Senior Vice President of Cybersecurity Strategy for 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.

TOPIC: PARENTING**LENGTH: 15 Minutes**

The hosts interviewed 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 they are being housed.

TOPIC: HEALTH

LENGTH: 15 Minutes

The hosts interviewed Tyler J. VanderWeele, PhD, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University. Those who attend church services regularly may receive more than just spiritual benefits—they may live longer. Dr. VanderWeele led a study that found that women who went to church more than once a week had a 33% lower risk of dying, compared to those who never went. He talked about the potential reasons behind the finding. He said it is conceivable in the future that doctors routinely ask about church attendance during medical checkups.

TOPIC: MENTAL HEALTH

LENGTH: 15 Minutes

The hosts interviewed Kostadin Kushlev, PhD, psychology research scientist, University of Virginia. Smartphones have become part of everyday life. Dr. Kushlev led a study that found that the increasingly pervasive use of digital technology may be causing ADHD-like symptoms even among the general population. He explained why being separated from a smartphone may cause people to experience distraction, difficulty focusing and getting bored easily when trying to focus.

INFOTRAK

December 31st, 2023

TIME: 6:00am – 7:00am

TOPIC: EMPLOYMENT**LENGTH: 15 Minutes**

The hosts interviewed Brandi Britton, District President of Office Team. Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

TOPIC: HUMAN TRAFFICKING**LENGTH: 15 Minutes**

The hosts interviewed Jennifer Bradley, co-author of “Make it Zero: The Movement to Safeguard Every Child”. Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

TOPIC: SUBSTANCE ABUSE**LENGTH: 15 Minutes**

The hosts interviewed Charee Thompson, PhD, Assistant Professor of Communication Studies at Ohio University. Dr. Thompson was the co-author of a study of college students, drinking, and social media. She discovered that having an "alcohol identity" puts college students at greater risk of having drinking problems. Her study also found that posting about alcohol use on social media is a stronger predictor of alcohol problems than having a drink. She discussed possible strategies to reduce alcohol abuse on college campuses.

TOPIC: WOMEN’S ISSUES**LENGTH: 15 Minutes**

The hosts interviewed Iris Bohnet, PhD, Professor of Public Policy, Behavioral Economist at Harvard University, Director of the Women and Public Policy Program, Co-Chair of the Behavioral Insights Group at the Kennedy School of Government, author of “What Works: Gender Equality by Design”. Dr. Bohnet discussed gender equality in the workplace and why it’s good business. She explained why diversity training programs have had limited success. She outlined

the latest research into quick and often inexpensive ways that companies can address gender bias and improve performance.

WRIF 101.1 PSA Activity

Each of these PSA's aired October 1st, 2023 – December 31st, 2023, between the hours of 12 a.m. - 12 midnight.

MAB (MI Assoc of Broadcasters):	177
Stand up to Cancer:	90
CDC/Drug Overdose:	60
CDC/Drug Overdose/Naloxone:	66
Flu Vaccination:	66
Gun Safety:	65
Lung Cancer:	64
Susan G Komen:	65
US Aging:	60

Veteran Affairs:	7
Diversity:	2
Fatherhood:	2
Buzzed Driving:	7
Americares:	7
St. Jude's:	7
Feeding America:	2
TOTAL:	747