Weekly Public Affairs Program

Call Letters: _____

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2019

Show # 2019-01
Date aired: _____ Time Aired: _____

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. Harringer 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.

Issues covered: ***Length:* 8:34**
Civic Participation
Voting
Youth Concerns

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.

Issues covered: ***Length:* 8:27**
Personal Finance
Consumer Matters

Laurence J. Kotlikoff, PhD, William Fairfield Warren Distinguished Professor, Professor of Economics at Boston University, President of Economic Security Planning, Inc, author/co-author of 16 books on retirement planning, economics and personal finance

Dr. Kotlikoff has developed the first retirement planning software built by economists.
He explained how the "Economist Approach" differs from traditional retirement advice.
He said the new approach can help consumers determine the highest level of spending their household can sustain over time, in order to live within their means for the remainder of their lives.

Issues covered: ***Length:* 4:56**
Retirement Planning
Senior Citizens

Show # 2019-02
Date aired: _____ Time Aired: _____

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: ***Length:*** ***7:29***
Personal Health

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: ***Length:*** ***9:40***
Sexual Abuse
Parenting
Mental Health

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: ***Length:*** ***4:51***
Parenting
Obesity
Consumer Matters

Show # 2019-03
Date aired: _____ Time Aired: _____

Alan Schroeder, MD, Clinical Professor of Pediatrics at the Stanford University School of Medicine

Each year, thousands of teenagers and young adults are prescribed opioids for pain relief after having their wisdom teeth removed. Dr. Schroeder led a study that found almost 6 percent of these patients were diagnosed with opioid abuse during the 12 months after the initial prescription. He discussed alternate options for pain relief. He said wisdom tooth extraction is by far the most common surgical procedure for adolescents and young adults but there is very little research that supports the widespread use of the procedure.

Issues covered: ***Length:* 7:26**
Drug Abuse
Personal Health

Elizabeth Emens, PhD, Isidor and Seville Sulzbacher Professor of Law at Columbia Law School, author of "*Life Admin: How I Learned to Do Less, Do Better, and Live More*"

Every day an unseen form of labor creeps into our lives—the kind of secretarial and managerial work necessary to run a life and a household. Dr. Emens discussed how this labor is created, how it affects our lives, and how we might avoid, reduce, and redistribute admin whenever possible—as individuals and as a society.

Issues covered: ***Length:* 9:48**
Personal Productivity
Parenting
Career
Education

Marcos A. Rangel, PhD, Applied Microeconomist, Assistant Professor in the Sanford School of Public Policy Medicine at Duke University

Dr. Rangel led a study that found that immigrant children are nearly twice as likely to study and pursue careers in STEM fields (Science, Technology, Engineering and Mathematics) as children born in the US. He believes that because immigrant students are less comfortable communicating in English than their native-born peers, they gravitate toward subjects where the language barrier is less of an impediment.

Issues covered: ***Length:* 4:51**
Education/ STEM
Immigration

Show # 2019-04
Date aired: _____ Time Aired: _____

Tasleem Padamsee, PhD, Assistant Professor of Health Services Management and Policy at Ohio State University

Dr. Padamsee led a study that found that African-American women at high risk of breast cancer are less likely than white women to pursue potentially life-saving preventive care. She talked about the most common preventative steps that at-risk patients can take. She also encouraged patients to talk to their physicians about cancer risk concerns.

Issues covered: ***Length:* 9:32**
Cancer Prevention
Minority Concerns
Women's Issues

James Clear, author of "*Atomic Habits: Tiny Changes, Remarkable Results*"

Mr. Clear offered strategies aimed at forming good habits, breaking bad ones, and mastering the tiny behaviors that lead to extraordinary results. He explained how to find the underlying causes of bad habits and why that can help to correct them. He offered examples of ways to redesign an environment to break bad habits.

Issues covered: ***Length:* 7:41**
Personal Productivity
Personal Health

Neil Dawson, BSc, PhD, Lecturer in Biomedicine at Lancaster University, Lancaster, United Kingdom

It's well known that marijuana use has a negative impact on brain function and memory.
Dr. Dawson's research team examined what specific areas of the brain are affected by long term use, for both recreational users and patients who use the drug to combat epilepsy, multiple sclerosis and chronic pain. He said long term use of the drug impairs the ability of brain regions involved in learning and memory to communicate with each other.

Issues covered: ***Length:* 5:04**
Drug Abuse
Personal Health

Show # 2019-05
Date aired: _____ Time Aired: _____

Bryan E. Robinson, PhD, psychotherapist, Professor Emeritus at the University of North Carolina at Charlotte, author of ***"#Chill: Turn Off Your Job and Turn On Your Life***"

It is common knowledge that good health and happiness depends on having proper balance between our professional and private lives. Dr. Robinson explained how ending the cycle of work addiction can be achieved by reframing priorities and cultivating mindfulness in our daily lives. He outlined the benefits of mediation to let go of anxiety and focus on the moment.

Issues covered: ***Length:* 9:00**
Mental Health
Personal Health
Career

Jonathan Adkins, Executive Director of the Governors Highway Safety Association

Mr. Adkins discussed a recent report from his organization that highlighted excessive vehicle speed as a persistent factor in nearly one-third of all motor vehicle-related fatalities. He believes that speeding is not given enough attention as a traffic safety issue and is widely deemed culturally acceptable by the motoring public. He outlined several public policy measures that he believes would help to reduce speeding.

Issues covered: ***Length:* 8:10**
Traffic Safety
Government Policies

Regina Leeds, professional organizer, author of "*The 8-Minute Organizer*"

Nearly everyone can use some help in getting organized. Ms. Leeds talked about the reasons that keeping order in our lives and possessions is so difficult. She offered small, step-by-step suggestions on how determine goals to get organized, and how to create positive routines for the long-term.

Issues covered: ***Length:* 5:07**
Consumer Matters
Mental Health

Show # 2019-06
Date aired: _____ Time Aired: _____

Darrell Laffoon, Chief Technology Officer of security firms EZShield + IdentityForce

Americans are preparing to file their taxes, and fraudsters are getting ready to target taxpayers with new scams. Mr. Laffoon outlined some of the most common schemes used to commit tax fraud and tax-related identity theft. He noted that the IRS never uses email to contact taxpayers or others filing tax returns. He explained what to do if you are targeted.

Issues covered: ***Length:* 8:47**
Crime
Identity Theft

Nancy O'Reilly, PsyD, licensed psychologist, author of "*In This Together: How Successful Women Support Each Other in Work and Life*"

Dr. O'Reilly explained why women experience more rudeness and incivility from other women in the workplace than they do from men. She said women have not been trained to lead as women. She offered suggestions for women to offer support to each other at work, rather than competing. She explained why men should also be concerned about this trend.

Issues covered: ***Length:* 8:19**
Women's Issues
Workplace

Cheryl Hyatt, co-founder of Hyatt-Fennell Executive Search

Ms. Hyatt talked about the importance of references in job searches. She said they are an integral part of an application package. She offered suggestions to customize references for specific jobs and how to choose the best people as references.

Issues covered: ***Length:* 5:04**
Employment
Career

Show # 2019-07
Date aired: _____ Time Aired: _____

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.

Issues covered: ***Length:* 7:08**
Women's Issues
Career

Henry S. Gornbein, attorney, author of "*Divorce Demystified: Everything You Need to Know Before You File for Divorce"*

Mr. Gorbein 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.

Issues covered: ***Length:*** ***9:57***
Legal Matters
Marriage
Parenting

Jerry Brewer, MD, dermatologist and researcher at the Mayo Clinic

Dr. Brewer led a study that found that the risk of developing the most dangerous type of skin cancer is now more than six times higher among young adults than it was 40 years ago. He talked about the likely reasons behind this trend and why women under age 40 may be especially vulnerable.

Issues covered: ***Length:*** ***4:51***
Cancer
Personal Health

Show # 2019-08
Date aired: _____ Time Aired: _____

Daniel Pink, author of "When: The Scientific Secrets of Perfect Timing*"*

Mr. Pink explained how timing affects everything — from work to home to school — and that it's a science, not an art or luck. He outlined research that found that 86 specific days each year are the optimal days to start a project or to get a fresh start. He offered several examples of how productivity, personal goals and even medical procedures are significantly affected by the timing of the event.

Issues covered: ***Length:*** ***8:27***
Workplace Matters
Education
Personal Health

Amy Adamczyk, PhD, Professor of Sociology and Criminal Justice, City University of New York

Americans' views about marijuana have drastically changed in a relatively short period of time. Dr. Amamczyk led a study that found that support for legalization began to increase shortly after the news media began to frame marijuana as a medical issue, rather than as a criminal or drug abuse issue. She believes that nationwide legalization of marijuana is likely in coming years.

Issues covered: ***Length:*** ***8:33***
Marijuana Legalization
Media

Michael Twery, PhD, Director of the National Center on Sleep Disorders Research at the National Heart, Lung, and Blood Institute, part of the National Institutes of Health

It has been proven that a lack of enough sleep or poor quality if sleep is a major factor in heart disease. Dr. Twery discussed a recent NIH study that examined the biological reasons behind it. He said the research may lead to improved treatments for both sleep disorders and heart disease.

Issues covered: ***Length:*** ***4:55***
Heart Disease
Personal Health

Show # 2019-09
Date aired: _____ Time Aired: _____

Alicia Munnell, PhD, economist, Director of the Center for Retirement Research at Boston College, Peter F. Drucker Professor of Management Sciences at Boston College's Carroll School of Management

Many Americans will be shocked once they reach retirement, to find that their IRA or 401(k) is not worth nearly as much as they think. Dr. Munnell said many upper income retirees will be hit with 25-32% federal tax bills on the funds they saved for retirement, and possibly even more from state taxes. She noted that those who save in tax-deferred retirement plans still come out ahead, even after paying taxes on the withdrawals.

Issues covered: ***Length:*** ***6:56***
Retirement Planning
Taxes

Dean Ornish M.D, founder and President of the nonprofit Preventive Medicine Research Institute, Clinical Professor of Medicine at the University of California, San Francisco, author of "*Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases*"

Dr. Ornish is a well-known advocate for using diet and lifestyle changes to treat and prevent heart disease. He outlined four changes in lifestyle that he believes can stop the progression and even reverse many chronic diseases. He said it's surprising how rapidly our bodies can begin to heal after making simple lifestyle changes.

Issues covered: ***Length:*** ***10:12***
Personal Health
Aging

Alan Young, home security expert, CEO of Armor Concepts, a New Jersey-based security firm

Mr. Young talked about the basic steps that the average homeowner can take to prevent home intrusions or burglaries. He said the most common way that criminals enter a house is by simply breaking through a door, rather than picking locks or breaking windows. He also discussed the misunderstood role that alarm systems play in home security.

Issues covered: ***Length:*** ***5:07***
Crime Prevention
Consumer Matters

Show # 2019-10
Date aired: _____ Time Aired: _____

Mark Hamrick, Senior Economic Analyst for Bankrate.com

73% of Millennials (ages 23-38) who have student loan debt have delayed at least one major life or financial milestone as a result, according to a new Bankrate.com report. Mr. Hamrick said the issue has influenced large percentages of Americans of all ages, affecting decisions such as buying a home or car, saving for retirement, having children and getting married.

Issues covered: ***Length:*** ***9:47***
Student Debt
Education
Personal Finance

David Closs, PhD, Professor of Supply Chain Management in the Eli Broad College of Business at Michigan State University

Phony prescription drugs are big business and can be life-threatening to consumers. Dr. Closs discussed a recent change in federal regulations that requires companies to track prescription drugs from their raw materials stage to their delivery to pharmacies. He explained how copycat drugs sometimes make their way into the system and what consumers need to know.

Issues covered: ***Length:*** ***7:12***
Drug Safety
Government Regulations
Personal Heath

Martin Röösli, PhD, Associate Professor, Head of Environmental Exposures and Health at Swiss Tropical and Public Health Institute in Basel, Switzerland

Prod. Röösli led a study that suggests that radiation from phones can harm a teenager's memory. He found that the problem occurs when a phone is held next to a child's head for a phone call. His team even found different effects, depending on whether the phone was used on the right or left side of the head. He said Bluetooth devices can help, and that children's phone calls should be short and infrequent.

Issues covered: ***Length:*** ***5:09***
Personal Health
Technology

Show # 2019-11
Date aired: _____ Time Aired: _____

Scott McCartney, Travel Editor and author/creator of the weekly Middle Seat column on airlines and travel for The Wall Street Journal

Airlines' pricing strategies have changed in significant ways in the past several years and ticket prices can literally change by the minute. Mr. McCartney discussed the best days to find the lowest prices, how far ahead to buy and other money-saving travel tips for airline travel.

Issues covered: ***Length:*** ***8:26***
Consumer Matters
Transportation

Arielle O'Shea, investing and retirement specialist, Nerdwallet.com

Ms. O'Shea said the average American must live on their retirement savings for 23 years.
She explained how consumers can determine how much money they may need in retirement. She outlined four strategies to find extra income and control expenses in retirement. She recommends using a fee-only financial planner.

Issues covered: ***Length:*** ***8:40***
Retirement Planning
Personal Finance

Penelope Larsen, researcher and PhD candidate, School of Exercise Science, Sport & Health, 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: ***Length:*** ***5:01***
Personal Health

Show # 2019-12
Date aired: _____ Time Aired: _____

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.

Issues covered: ***Length:*** ***9:03***
Personal Health
Senior Citizens

Janette Sadik-Khan, transportation and urban transformation expert, former transportation commissioner of New York City, 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.

Issues covered: ***Length:*** ***8:16***
Urban Planning
Public Transportation

Jason R. Wiles, PhD, Associate Professor, Biology, Syracuse University

Dr. Wiles led a study that found that minority college students learn many science, technology, engineering, and mathematics lessons more effectively when they are taught by a recent minority student, rather than a traditional classroom instructor. He explained why STEM subjects are so important for today's students, and the possible reasons why this alternative method of teaching works so well.

Issues covered: ***Length:*** ***5:05***
Education
Minority Concerns

James P. Smith, PhD, Distinguished Chair in Labor Markets and Demographic Studies at the RAND Corporation, a nonprofit research organization

Dr. Smith led a study that found that Americans under the age of 26 are much more likely to be arrested than Americans born in previous decades. He noted that the increase occurred most rapidly among white Americans and women. He said that the study also found connections between the rising rate of arrests/convictions and lower probabilities of being married, fewer weeks worked, lower hourly wages and lower family incomes during Americans' adulthood.

Issues covered: ***Length:*** ***9:04***
Crime
Legal

Ramon Hinojosa, PhD, Assistant Professor in the Department of Sociology at the University of Central Florida

Prof. Hinijosa warned of a coming public health crisis for veterans. He led a study that found that veterans are more likely to have heart disease at a younger age than nonveterans. He discussed the possible differences between vets who served in Iraq and Afghanistan compared to those who served in previous conflicts. He offered advice for veterans who may have cause for concern.

Issues covered: ***Length:*** ***8:09***
Veterans Issues
Personal Health

Carly Ziter, PhD, Assistant Professor in the Biology Department at Concordia University in Montreal

Trees play a surprisingly big role in keeping America's cities and towns cool. Prof. Ziter shared the results of her study that found that the right amount of tree cover can lower summer daytime temperatures by as much as 10 degrees Fahrenheit. She said the effect is quite noticeable from neighborhood to neighborhood, even down to the scale of a single city block. She stressed the importance of urban landscaping and development in making neighborhoods more livable in the future.

Issues covered: ***Length:*** ***5:07***
Climate Change
Environment
City Planning

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