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Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2022

Show # 2022-01

Date aired: 01/02/2022 **Time Aired:** 05:00:00

Ashley Kendall, PhD, postdoctoral fellow in the University of Illinois at Chicago School of Public Health

Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

Issues covered:
Youth at Risk
Juvenile Crime

Length: 8:46

Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario, author of "*The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter*"

Dr. Gibala discussed the value of high intensity workouts. He led a study that found that bursts of short but very intense exercise appear to be just as beneficial as traditional endurance training. He explained why this type of exercise works, and how it can be a good occasional substitute for a conventional workout.

Issues covered:
Physical Fitness
Personal Health

Length: 8:29

Show # 2022-02

Date aired: 01/09/2022 **Time Aired:** 05:00:00

Alessandra Cassar, PhD, Professor of Economics at the University of San Francisco

As researchers investigate reasons for America's persistent gender wage gap, one possible explanation that has emerged over the last decade or so is that women may be less competitive than men. Prof. Cassar was the co-author of a study that examined whether women are less competitive and less willing to take risks than men.

Issues covered:
Women's Issues
Gender Equality
Career

Length: 8:23

Joe Saul-Sehy, former financial advisor, host of “The Stacking Benjamins Podcast,” author of “*Stacked: Your Super-Serious Guide to Modern Money Management*”

Mr. Saul-Sehy explained that many Americans feel too much pressure to be perfect and as a result make unnecessary errors in handling their money. He talked about the urgency of getting out of debt, and the best ways to accomplish it. He also explained the importance of setting timelines for financial goals.

Issues covered:
Personal Finance

Length: 8:57

Show # 2022-03

Date aired: 01/16/2022 Time Aired: 05:00:00

Carol Matthews, PhD, Professor of Psychiatry, University of Florida

Symptoms of depression, anxiety, and obsessive-compulsive disorders have emerged or worsened for many during the pandemic. Dr. Matthews discussed what effect the lockdowns and subsequent supply chain disruptions have had on another common but often misunderstood problem—hoarding. She explained how to distinguish between hoarding, stockpiling and panic buying, and what constitutes normal behavior in an abnormal time.

Issues covered:
Mental Health
Supply Chain Concerns
Consumer Matters

Length: 8:26

Dan O’Neill, MD, EdD, author of “*Survival of the Fit: How Physical Education Ensures Academic Achievement and a Healthy Life*”

For more than a century, team sports have been a mainstay of American childhood, but the number of kids involved had been falling even before the pandemic. Dr. O’Neill said fear of COVID-19 and much-reduced access to organized sports has caused the drop to accelerate dramatically. He talked about the potential health effects of inactivity and childhood obesity. He said physical fitness levels also have a significant impact on academic performance.

Issues covered:
Youth Sports
Mental Health
Education

Length: 8:55

Show # 2022-04

Date aired: 01/23/2022 Time Aired: 05:00:00

Julia Brewer Daily, MS, former educator, author of “*No Names to Be Given*,” a novel based on her real-life story of adoption

Technological advances in home DNA tests and online genealogy have led to a remarkable wave of adoptees locating long-lost parents and siblings. Ms. Daily shared her own story of adoption and locating her biological parents, and discussed the emotional landmines that sometimes accompany attempted reunions.

Issues covered:
Adoption
Technology

Length: 8:17

Lisa Hinkelman, PhD, counselor, founder and CEO of Ruling Our eXperiences, Inc., author of *Girls Without Limits: Helping Girls Succeed in Relationships, Academics, Careers and Life*

Dr. Hinkelman said teenage girls today face a plethora of major challenges, including more stress and pressure than ever before. She said eight hours per day of social media exposure has had a profound effect on girls, one that parents can scarcely relate to. She explained why girls are experiencing a significant drop in confidence between grades 5 and 9.

Issues covered:
Girls Issues
Parenting

Length: 9:00

Show # 2022-05

Date aired: _01/30/2022_____ Time Aired: _05:00:00_____

Sean Covey, author of *The 6 Most Important Decisions You'll Ever Make: A Guide for Teens: Updated for the Digital Age*

Mr. Covey outlined what he believes are the six largest challenges faced by today's teens. He said the top challenge is dealing with the pressures of school. He also said parents have a far greater impact on their teens than they realize, much more than friends or others. He also explained why it is important for teens to learn to serve others, and to be willing to accept help from others, as well.

Issues covered:
Teenage Concerns
Parenting
Education
Volunteerism

Length: 8:51

Carol Janney, PhD, Assistant Professor of Epidemiology, Michigan State University

Dr. Janney led a study that suggested that it may be wise for mental health providers to add exercise to their patients' treatment plans. In her survey, a large majority of mental health patients said they wanted to exercise more and believed exercise helped improve their moods and anxiety much of the time. She said psychiatrists and other providers may discuss exercise with patients in generalities, but rarely create a comprehensive exercise plan for them or regularly make sure they are adhering to a specific goal.

Issues covered:
Mental Health
Physical Fitness

Length: 8:21

Show # 2022-06

Date aired: _02/06/2022_____ Time Aired: _05:00:00_____

Dale Clark Farran, PhD, Emerita Professor, Research Professor in Early Childhood Education at Vanderbilt University's Peabody College of Education and Human Development

Prof. Farran was the lead author of the first statewide randomized controlled trial that followed low-income students from pre-kindergarten through sixth grade, to determine the value of pre-K programs. She was shocked at the results, which found that by third and sixth grade, poor children who attended pre-K scored lower on math, reading and science achievement tests, and were more likely to have been expelled or suspended for disciplinary infractions.

Issues covered:
Early Childhood Education
Poverty

Length: 8:49

Creek Stewart, preparedness expert, Weather Channel host, author of “*The Disaster-Ready Home: A Step-by-Step Emergency Preparedness Manual for Sheltering in Place*”

The federal government urges Americans to have a sufficient supply of emergency food and water for at least three days. Mr. Stewart outlined simple and relatively inexpensive steps anyone can take to set up an emergency food and water supply. He also discussed plans to deal with the loss of power and heat. He also explained what should be in a 72-hour survival kit, for use if someone must leave their home in an emergency.

Issues covered:
Disaster Preparedness
Consumer Matters

Length: 8:33

Show # 2022-07

Date aired: 02/13/2022 Time Aired: 05:00:00

Dakota Witzel, doctoral candidate in Oregon State University’s College of Public Health and Human Sciences

Ms. Witzel was the lead author of a paper that found that dwelling on negative aspects of aging can have a measurable negative impact on a person’s physical health and ability to respond to stress. She suggested ways to change thought patterns relating to getting older, to reduce stress.

Issues covered:
Aging
Personal Health

Length: 8:17

Carl Erik Fisher, MD, addiction physician, bioethicist, and Assistant Professor of Clinical Psychiatry in the Division of Law, Ethics, and Psychiatry at Columbia University, author of “*The Urge: Our History of Addiction*”

An estimated 20 million Americans with substance abuse problems go without treatment. Dr. Fisher shared his assessment of the ongoing overdose crisis that claimed more than 100,000 American lives last year. He explained why he believes that calling addiction a disease is not helpful for recovery, and why he thinks the division between “good” drugs and “bad” drugs is overemphasized. He also said complete abstinence may not be the best treatment goal for many with drug or alcohol abuse problems.

Issues covered:
Drug Addiction
Government Policies

Length: 8:58

Show # 2022-08

Date aired: 02/20/2022 Time Aired: 05:00:00

Sarah Y. Tse, author of “*7 Years on the Front Line: True Stories and Tough Lessons about a Small Business that You Won’t Learn in a Classroom*”

Ms. Tse offered advice to anyone who dreams of starting a small business. She explained how she learned to maintain a work/life balance when faced with the stresses of owning a business. She also

talked about the importance of education in being prepared for entrepreneurship, and how she deals with racism in business, as an immigrant and Asian-American.

Issues covered:
Entrepreneurship
Career
Racism

Length: 8:17

Ellen Voie, CEO & President of Women in Trucking, a non-profit organization that encourages women to join the trucking industry.

The recent supply chain problems have been a reminder that US has a huge and long-term shortage of truck drivers. Ms. Voie said women comprise 10% of truck drivers today. She explained why she believes women are often better suited to the job than men, what is attractive about it and what needs to change to encourage women of all ages to seek a career in trucking.

Issues covered:
Supply Chain
Women's Issues
Employment

Length: 8:58

Show # 2022-09

Date aired: 02/27/2022 Time Aired: 05:00:00

Chuck Bell, Programs Director, Advocacy, Consumer Reports

Buy now, pay later schemes are catching the eye of consumers, and, to a lesser extent, of federal regulators. The multi-billion-dollar industry says no-interest BNPL loans are more equitable than credit cards, but Mr. Bell explained how lenders still make money when a buyer theoretically pays no interest, and why these loans can be a spending trap. He said Consumer Reports believes that there is not enough government oversight of these loans.

Issues covered:
Consumer Matters
Government Regulation

Length: 8:43

Gary Sirak, retirement planner, author of "*How to Retire and Not Die: The Three Ps That Will Keep You Young*"

When most Americans ponder retirement planning, they typically think of accumulating money. But Mr. Sirak said clear planning about what to do with one's time after retirement is equally important. He said not retiring at all may be the best option for some, while part time work is another good option for a happy retirement.

Issues covered:
Retirement Planning

Length: 8:40

Show # 2022-10

Date aired: 03/06/2022 Time Aired: 05:00:00

Roni Cohen-Sandler, PhD, licensed clinical psychologist, author of "*Anything But My Phone, Mom! Raising Emotionally Resilient Daughters in the Digital Age*"

Technology is transforming the way girls think of themselves, learn, develop social skills, and communicate with the people around them. Dr. Cohen-Sandler talked about the unprecedented changes faced by teens and their parents today. She offered suggestions to improve communication, particularly for a mother-daughter relationship. She said the current generation of teens is more sensitive and vulnerable than ever, about political and cultural trends such as the Me Too movement, Black Lives Matter and climate change.

Issues covered:

Length: 8:54

**Parenting
Teenager Concerns**

Annabel Streets, author of “*52 Ways To Walk: The Surprising Science of Walking for Wellness and Joy*”

Everyone knows that walking is a very healthy activity. Ms. Streets shared cutting-edge research and advice on how to maximize the physical and psychological benefits of walking, whether it's in an urban area or through the woods. She explained why walking within an hour of waking increases the metabolic benefits, why humming as you walk boosts natural immunity and how owning a dog can make walking far less of a chore.

Issues covered:

Length: 8:23

**Exercise
Personal Health**

Show # 2022-11

Date aired: 03/13/2022 Time Aired: 05:00:00

Lila Rabinovich, qualitative social science analyst, Director of Policy and Development at Center for Economic and Social Research at the University of Southern California

Fewer than 1 in 5 Americans have created an online “my SocialSecurity” account to get a personalized estimate of their future retirement benefits. Ms. Rabinovich said most of the Social Security Administration’s website users are older. She explained why it is important for younger workers get a good understanding now of their future retirement benefits. She said one of the primary reasons that workers haven’t looked up their personal accounts is a lack of awareness the feature exists.

Issues covered:

Length: 8:59

**Social Security
Retirement Planning**

Bonnie J. Kaplan PhD, co-author of *The Better Brain: How to Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition*”

From violent meltdowns on airliners, to abusive tweets aimed at someone with different political beliefs, signs of a meaner, angrier, and more violent America are everywhere. Dr. Kaplan said part of the answer lies in today’s typical American diet. She said more than half of Americans’ food intake consists of ultra-processed ‘products’ with virtually no micronutrient content, creating a lack of nourishment in our brains.

Issues covered:

Length: 8:16

**Nutrition
Mental Health**

Show # 2022-12

Date aired: 03/20/2022 **Time Aired:** 05:00:00

Amy Morin, PhD, licensed clinical social worker, college psychology instructor and psychotherapist, author of "*13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success*"

With safe spaces and trigger warnings designed to "protect" kids, many adults worry that today's kids don't have the resilience to reach their greatest potential. Dr. Morin explained why she believes parents must strive to raise mentally strong and resilient children, and offered suggestions to do it.

Issues covered:

Length: 7:31

**Parenting
Mental Health**

Marion McGovern, founder and CEO of M Squared Consulting, one of the first gig-economy talent intermediaries, author of "*Thriving in the Gig Economy*"

The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

Issues covered:

Length: 9:38

**Career
Economy**

Show # 2022-13

Date aired: 03/27/2022 **Time Aired:** 05:00:00

Mark Harmon, PhD, Professor Emeritus in the Oregon State University College of Forestry

Prof. Harmon recently led a study that showed the vast majority of carbon stored in trees before large wildfires was still there after the fires. He said the findings are an important step toward understanding the connection between wildfires and climate-change-inducing carbon emissions, and making wiser decisions about the carbon storage and emissions implications of forest management.

Issues covered:

Length: 8:09

**Climate Change
Wildfires
Forest Management**

Anna Lembke, MD, psychiatrist, Medical Director of Stanford University Addiction Medicine, Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic, author of "*Dopamine Nation: Finding Balance in The Age of Indulgence*"

Americans are living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, gambling, shopping, gaming, tweeting and more. Dr. Lembke outlined new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain, and what to do about it.

Issues covered:

Length: 8:55

**Addiction
Mental Health**