

Quarterly Issues & Programs Report

WKML-FM

HD-1 & HD-2

Lumberton-Fayetteville, NC

4th Quarter

October – November – December, 2021

Prepared by: Kent Dunn

WKML-FM

HD1 & HD2

ISSUE/PROGRAM SUMMARY

2021

OCTOBER-NOVEMBER-DECEMBER

Radio station WKML-FM HD1&HD2, Lumberton/Fayetteville, NC identified these issues of concern in the community to be addressed from October through December, 2021. These items were identified during on-going surveys and interviews conducted by the staff with community leaders.

Indigo Moon Festival/Addiction Treatment Center/Fall Dogwood Festival/Electric Car Show/United Way/Council on Older Adults/Operation Christmas Child/Toys for Tots/Veteran Home Buying/Holiday Stress

Issues were addressed via---Daily Public Service Announcements

Daily Newscasts

Weekly Long-form Public Affairs Programs

Live Broadcasts from Community Events

**4th Qtr. 2021 Public Affairs Broadcasts (“Talkback” – Sun. 6 AM) – WKML
(Paul Johnson hosted, with the following guests:)**

****10/3/21 (29:59 et)****

Jan Johnson/Pat Wright Indigo Moon Film Festival

Jan Johnson and Pat Wright, co-owners of Moonlight Communications (audio-visual production company) in Fayetteville told us about this year’s Indigo Moon Film Festival. Still virtual in 2021 but with two major outdoor socially-distanced exceptions: a free preview night family-friendly showing of Disney’s Raya and the Last Dragon and the opening night feature Peace By Chocolate about a refugee family from war-torn Syria finding themselves transplanted into an isolated area of Canada – with only one means to gain the help it’s needs to survive! That’s the family’s ability to make first-class quality chocolate!

Bill & Tammy Frye of Myrover-Reese Fellowship Homes (Addiction Treatment Center)

Bill Frye is perhaps the last remaining connection to the origins of self-sustaining non-profit 501(C)(3) Myrover-Reese Fellowship Homes as a ‘tough love’ pioneering alcohol/narcotic addiction recovery center in Fayetteville (and first in North Carolina) in 1961, having been trained for the managing supervisor role at the homes by one of the recovering alcoholic co-founders himself, the late Pat Reese. Now, he’ll be succeeded in supervising the management of home by his daughter, Tammy Frye, as Bill plans on retirement. Bill and daughter Tammy came by to announce a special 60th anniversary reunion/celebration of the Myrover-Reese community set for Saturday, October 30th.

****10/10/21 (27:38 et)****

**Caroline Justice Hinson, Fayetteville’s Public Works Commission (PWC)
Communications and Community Relations Officer**

Carolyn Justice Hinson previewed tips for saving in the upcoming November 2021 through March 2022 6-10am Weekday Peak Time of Use Rates. Carolyn recommended moving as much electric usage as possible to the other 20 hours per day during the week and noted weekends are all charged at non-peak rates (35% less). She also urged rate-payers investigate bill credit incentive programs found on their website, faypwc.com (LED light bulbs, for instance.) Carolyn also reviewed PWC’s sponsorship of the previous weekend’s Sustainable Sandhills’ Electric Car Show, held on PWC’s public vehicle area on 10/2/21.

Saragrace Snipes on Fall Dogwood Festival

Saragrace Snipes of the Fayetteville Dogwood Festival previewed the scheduled and feature events of Fayetteville’s Fall Edition of the Dogwood Festival, held on split venues (The Fayetteville Transportation Museum Grounds on Franklin Street Downtown, the Downtown

Area, AND Festival Park's Main Stage and vendor area off Ray Avenue and Grove Street. Three days of activity (all socially-distanced-for-safety) Friday, Saturday and Sunday (10/15, 16 & 17).

Electric Vehicle Owners from 10/2/21 Electric Car Show

Owners enthusiastically described the joys and what they feel are the advantages of owning and daily driving their electric vehicles. Less cost of operation and maintenance (as low as \$35/month in increased monthly electric bill vs. \$40/week or more in fuel and engine oil. Increased tire costs come into play over a longer time because of additional torque of electric motors vs. conventional fuel.

****10/17/21 (27:15 et)****

Amy Navejas, Executive Director of the United Way of Cumberland County

Amy Navejas detailed efforts to recruit companies to run at work campaigns who had previously run them pre-pandemic and the challenges of refiring campaigns when so many outfits were still fostering remote work environments. She detailed ways the United Way of Cumberland County is innovatively reaching out to donors, including a sweepstakes made possible by an anonymous donor who incentivized new campaign donations by putting \$5,000 into a drawing pool PLUS an additional \$1,000 stipend to the United Way partner agency of the sweepstake winner's choice!

Lisa Hughes, Asst. Executive Director/Social Worker, Cumberland Co. (Coordinating) Council on Older Adults (CCCCOOA)

Lisa spoke on the just-opened Medicare Part D reenrollment period for Part D enrollees, who have until December 7th to change their plan preference for the coming calendar year. She urges any qualifying and interested seniors to make their appointment soon as availability for any of the of the agency's credentialled and authorized SHIIP (State Health Insurance Information Program) might fill soon. Lisa also detailed some of the latest therapy items/program available to seniors in care-giving situations, such as memory assessments, music therapy and animatronic (responsive electronic) pets who don't require food or standard pet care (very helpful in some situations.

More Electric Vehicle Owners from 10/2/21 Electric Car Show

More owners enthusiastically describing why they love owning and operating their electric vehicles. Less cost of operation and maintenance. Increased tire costs because of additional torque of electric motors vs. conventional fuel engines are the only drawback – but not a big one.

****10/24/21 (26:02 et)****

Bill & Tammy Frye on Myrover-Reese Fellowship Homes (Addiction Treatment Center) – Repeat segment from 10/3/21 (because the 60th Anniversary Reunion Celebration is/was a big deal)

Bill Frye is perhaps the last remaining connection to the origins of self-sustaining non-profit 501(C)(3) Myrover-Reese Fellowship Homes as a 'tough love' pioneering alcohol/narcotic addiction recovery center in Fayetteville (and first in North Carolina) in 1961, having been trained for the managing supervisor role at the homes by one of the recovering alcoholic co-founders himself, the late Pat Reese. Now, he'll be succeeded in supervising the management of home by his daughter, Tammy Frye, as Bill plans on retirement. Bill and daughter Tammy came by to announce a special 60th anniversary reunion/celebration of the Myrover-Reese community set for Saturday, October 30th. Many alumni guests.

Mike Villano – on the intricacies of navigating Veterans Administration Home Loans

Mike addressed some of the peculiarities and requirements one needs to follow when veterans attempt to access their rights to financing a home under the Veterans Affairs loan program. It's why he prefers to hire veterans willing to help other veterans as agents. They know the requirements and will help their "brothers and sisters" avoid troubles that endanger eligibility and access to this beneficial program. Mike explained why veterans need to follow procedures and rules and how his company can help!

****10/31/21 (26:03 et)****

Tiffany Jones- Area Coordinator/Liason (Cumberland-Robeson Counties) of Toys for Tots Campaign

Toys for Tots and the U.S. Marine Corps have been making Christmas more meaningful for families in need since 1947. The U.S. Marine Corps Reserve has overseen the annual project in more recent years! In North Carolina and the Fayetteville area, Toys for Tots has coordinated its efforts with the Salvation Army in Cumberland and Robeson counties – feeding the Angel Tree program and families in need certified by a consortium of social service agencies! Tiffany Jones joined us to name collection points, deadlines and how the programs work through smooth coordination!

Nicole Nelson- Fayetteville Coordinator of Samaritan's Purse and Operation Christmas Child shoe-box gift collection

Nicole is the Fayetteville area coordinator for Franklin Graham's 501 (C) (3) humanitarian aid charity, Samaritan's Purse, responding to the needs of the hurting, sick, and suffering, both physically and spiritually, in crisis areas around the world. One of Nicole's key responsibilities is directing the collection, pickup and delivery to Charlotte, NC of 'Operation Christmas Child' "shoebox" gifts for needy children in some of the most destitute areas on the globe! These gifts must

be delivered by Christmas to far corners of the Earth, so gifts packaged in Fayetteville must be dropped off, picked up and put onto airplanes in Charlotte PRIOR to THANKSGIVING. Our talk with Nicole is an annual interview to remind potential givers of how to make and pack their “shoeboxes” and drop them off in time for Samaritan’s Purse to distribute them.

****11/07/21 (22:45 et)****

Angie Brady – Fayetteville Area Convention and Visitors Bureau on Veterans Day Week scheduled activities (November 8-14)

With Veteran’s Day week and Veteran’s Day itself approaching, Angie Brady, Fayetteville Area Convention and Visitor’s Bureau Director of Tourism Marketing, offered our listeners a comprehensive preview of events and activities – for veterans as individuals, military families and non-military-connected individuals and families who simply want to appreciate what the military brings our community’s history and fabric.

Angie enlightened our listeners with opportunities to learn, pay tribute, be served and appreciate our neighbors and their contributions to our town, community and nation.

****11/14/21 (24:57 et)****

Danny Highsmith on Coach Mike Krzyzewski and George G. Beasley. (Encore)

Wednesday, June 2nd was a watershed day in North Carolina AND at Beasley Media Group headquarters in Fayetteville:

- 1) Coach “K” – Duke’s Mike Krzyzewski** – the winningest coach in College Basketball – announced this would be his last season as head coach at Duke.
- 2) The Founder of Beasley Media Group, George Garland Beasley**, passed away at the age of 85! A former high school principal who bought his first radio station in Benson, NC in 1961 and remained connected to the company as Chairman to the day of his passing, George Beasley saw the ascension of his company from one station to one of the 5 or 6 largest in the U.S.A. Along the way, he – along with his loving wife, Ann - raised children who run the company day-to-day today – plus a doctor, Bob, to who he was incredibly proud!

There was one person, **a near fifty year employee of Beasley Media Group who was also the creator of the original DAILY “Talkback” program in the 1970’s, J. Daniel Highsmith (DANNY)**, who saw up-close the leadership styles, acumen, and relentless pursuit of excellence and detail of BOTH MEN! Danny was already working at WFAI/Fayetteville when George bought the station. Not too long afterward, Danny was elevated to General Manager of WFAI – George’s first station in Fayetteville! Danny operated one of Beasley’s highest cash-flowing markets for years, giving George Beasley some of the impetus and cushion to invest in and grow his company! The rest, as they, is history!

Danny also had a penchant for sports and sports broadcasting. For ten years, while working his “day job” at Beasley Media Group, he also served as “Color Analyst” on Duke University Radio broadcasts of Football and Basketball games! In that capacity, he also saw the hiring of a young Head Coach, recruited from West Point (Army) by then Duke Athletic Director Tom Butters! The young man’s name was **Mike Krzyzewski**. Danny witnessed Coach K’s struggles to recruit in his first season (no time), get frustrated his second season, see the buzzards circling above his third season (to be saved by Tom Butters), before finally reaching a National Championship Game his 4th season! The rest, as they say, is History!

Listening to Danny’s recollections of the wisdom, determination, clear-eyed courageous decision-making and leadership in the midst of turbulent times made this one of the most enjoyable Talkback shows I have ever been involved in!

****11/21/21 (30:28 et)****

Nicole Nelson, Fayetteville Coordinator - Samaritan’s Purse and Operation Christmas Child

With time running out during her fist visit with us on 10/31/21, Nicole, Fayetteville area coordinator for Franklin Graham’s 501 (C) (3) humanitarian aid charity, Samaritan’s Purse, promised to return to tell us some of the heart-warming results of giving out Operation Christmas Child gift-boxes and the inspirational stories of some of the children who received these gifts. From the boys and girls who later sought out Samaritan’s Purse with an intent to join the ministry, to the two orphans who met and married, Nicole laid out profound evidence of how meaningful a few toys, crayons, pencils, paper and instructional books could be to children of abject poverty in desperate corners of the world. An inspirational conversation.

Lisa Hughes – Social Worker/Assistant Executive Director Cumberland County Council on Older Adults

Lisa visited with a reminder to all Medicare Part D Prescription Drug Plan members that December 7 is the deadline to revise plan enrollment for the upcoming calendar year! She also offered timely “Caregiving at the Holidays” advice to caregivers of medical and dementia patients. Her main message was to avoid the temptation to over-do. Lisa’s advice was break bigger jobs down to smaller pieces and enjoy sharing time with everyone more – not the tasks. She also reminded caregivers to ask for help from family members and great, close friends more frequently this time of year, since the giving spirit of the holidays might yield more willingness for aid. She also reminded caregivers of the support groups offered by the Cumberland County Council on Older Adults!

****11/28/21 (27:02 et)****

Casey Ferris, Executive Director Hope Mills Chamber of Commerce

Casey came by with news of the rescheduled (due to the pandemic) Hope Mills Chamber of Commerce Chili Cookoff AND the special Christmas-shopping gift opportunities offered by Hope Mills small-business merchants begun on Small Business Saturday and continuing throughout the Holiday shopping season! She emphasized how important Holiday Shopping can be to the Small Business merchant and the special collective promotions offered by Hope Mills boutique and niche small business shops!

Dr, Justin Johnson – licensed psychologist with Hopeway, a Charlotte, North Carolina-based accredited counseling service - on coping with holiday stress. Dr. Johnson is a Fayetteville native and an Army Reservist. He spoke and rendered advice on stress-reduction techniques for both Military-connected and non-Military families. His recommendations included: Practicing gratitude, practicing mindfulness, acknowledging the multitude of feelings, make self-care a priority, setting boundaries and simplify - take a pause and remembering to breathe. Being in nature.

****12/5/21 (27:06 et)****

Captain Perrienne Duffy – Public Affairs Officer – U.S.Army XVIIIth Airborne Corp. – on the goals, objectives and nuances developed for Episode 6 of Dragon’s Lair – the XVIII Airborne Corps innovation challenge where anyone with a “better idea” for how to accomplish an assigned Army task or procedure is invited to pitch their idea “up the line” to superior officers and high-level civilian subject matter experts who will evaluate and incorporate the best ideas and reward the forward thinking that brought them to Department of Defense decision makers. Episode 6 was (as the name implies) the 6th iteration of this “Shark Tank”-styled competitive endeavor! This episode sought creative solutions to problems from every branch of Military and DoD services – including reserve soldiers!

Elaina Ball – CEO of Fayetteville’s Public Works Commission (PWC)

Elaina offered her perspective on being CEO of one of the nation’s premier publicly-owned utilities – she loves it and the people who work at PWC – and was candid about the management takeover proposal (as candid as she could be) and how she felt PWC could do a better job running the utility for the benefit of rate-payers than an outside investor-financed firm. As concrete evidence she pointed to the financing of bonds recently required for infrastructural improvements based upon future need! She proudly pointed out the interest rates achieved for those bonds matched or exceeded record low costs of borrowing for any utility in the country! (The interview was longer than the time allotted...to be continued.)

****12/12 /21 (27:06 et)****

(Emergency Encore of 12/5/21 Program – due to host being called out of town owing to a death in the family. Inadequate time to prepare a new Talkback show.)

****12/19/21 (25:35 et)****

Winners of Dragon’s Lair (modelled after the “pitch and inquiry” style of “Shark Tank”) Episode 6 – featuring entrants from all branches of service including reserve forces – 8 finalists – 3 winners!

Sgt. 1st Class Keenan Millay – Staff Sgt. Carter Casey – Specialist Johnathon King:

This team from Ft. Knox, Ky. Designed, devised and built a safety harness for light armored vehicles with turret guns that were originally designed without them. The lack of safety harnesses had actually led to deaths of turret gunners who were thrown from their assigned positions in some cases where quick evacuations have left them vulnerable. The loss of several soldiers from their own unit had caused them to attack this short-coming and between the supervisor (SFC Millay), the designer (SSG Casey) and the fabricator (SPC King) collaborated on the innovation. They outfit and improved turret gunner safety on several U.S. Army light armored vehicles. *Their “soldier safety first” orientation and “from the heart” presentation won them honors and regard for their achievement.*

US Air Force 1st Lieutenant Justin O’Brien (from Wright-Patterson AFB in Dayton, Ohio)

USAF 1st Lt. O’Brien had noted the military had suffered excessive losses in heat-stressed environments. He thought he could devise a “cooling plate” comprised of tubing and air-conditioning principles applied to water the soldier was already carrying in the training or battlefield exercises – yielding a “cooler” soldier (average 32 degrees Fahrenheit) without adding weight to the pack the soldier was carrying. The final benefit: at the end of the soldier’s movement, he/she could drink the water that had cooled him/her earlier. *An adoption worthy innovation for all branches of service.*

US Army 2nd Lieutenant Lance Relleve (Reservist from California)

2nd Lt. Relleve is an Army reservist based in California. He is an architect in his daily vocation. His innovation was applying Artificial Intelligence (AI) to exterior building design and how they are arranged in clumps to attempt to provide a “best guess” as to indoor layout. This innovation was thought to be valuable in MOUT situations (Military Operations in Urbanized Terrain.) The notion of saving lives by surveilling known outer design and building configurations, then applying it to AI scenarios to accurately predict indoor paths and movement flow *was intriguing to both the military and civilian subject matter experts, based on implications for soldier safety!*

Colonel Joe Buccino – US Army 18th Airborne Corps. – Communication Specialist and Innovation Advocate

Colonel Buccino seemed very satisfied with the response to the call for entries and the eight (8) finalists for Episode 6 of Dragon's Lair. Originally five (5) finalists were sought but eight ideas were strong enough! Col. Buccino like the competitive aspect of the program. He says the future of Dragon's Lair will depend on the Army's ability to attract the right partners in the academic community because of the funding credible academic institutions might attract!

Elaina Ball – CEO of Fayetteville's Public Works Commission

(Conclusion of Elaina Ball's 2-part interview. Elaina explained her happiness with the present composition of the Board of Directors of PWC (appointed by the City Council of Fayetteville.) She also pointed out energy- and money-saving incentives available to rate-payers by PW, found on the FayPWC.com website. She urged safety with all extra holiday lighting and wished all a Happy holiday season!

****12/26/21 (23:05 et)****

Dr. Larry Keen - Fayetteville Technical Community College (FTCC) President

Dr. Keen commented on occasion of the "Beam Topping" Ceremony for FTCC and Cumberland County's new Advanced Fire and Rescue Training Center at the intersection of Tom Starling Road and Corporation Drive in Fayetteville. The "Beam Topping" celebrated Phase I of the project, comprising 24,000 square feet of classrooms, labs, garage space and more. Phase II will encompass a swift-water rescue training facility and grounds. President Keen emphasized, as a powerful collaborative effort between FTCC, Cumberland County, the State of North Carolina Legislative contingent, area volunteer fire departments and selected vendors, the training facility will become a training resource to the whole state and even neighboring states.

Amy Navejas, Executive Director of the United Way of Cumberland County

Amy reminded us of United Way of Cumberland County's needs heading into another pandemic winter. We were also reminded that with the last several days of the year at hand, these few days represent the last opportunity to make a tax-deductible contribution in the 2021 income year to affect your 2021 income tax return in 2022! She wished every listener a Happy New Year!

Lisa Hughes – Social Worker/Assistant Executive Director Cumberland County Council on Older Adults

Lisa pointed out some new programs for seniors, and health-complicated and/or dementia patient caregivers starting in January. She stressed a need for new volunteers. She also offered a reminder that those with Medicare Supplemental Health Policies have a chance to reevaluate and change policies between January 1 and March 31 without any special circumstances. She left her contact information and invited listeners to call with any questions.



Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2021

Show # 2021-40

Date aired: 10/03/21

Jack Kosakowski, President and CEO, Junior Achievement USA

Mr. Kosakowski discussed a Junior Achievement USA survey that found that 77 percent of parents are concerned about their children's ability to have a successful job or career as adults, in light of global competition and automation. He talked about the rapidly changing career environment, and how Junior Achievement is adapting to today's tech environment to help teenagers.

Issues covered:

Length: 8:04

Youth Concerns

Careers

Parenting

Dale Bredesen, MD, NIH Postdoctoral Fellow at the University of California, San Francisco, author of *"The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline"*

Dr. Bredesen said his research has determined that Alzheimer's disease is not a single condition, but three similar ones—each with a different cause. He said new research is giving hope that the disease can be prevented and, under certain circumstances, even reversed. He said every American should get a cognitive and genetic test at age 45, to determine their likelihood of developing Alzheimer's.

Issues covered:

Length: 9:15

Alzheimer's Disease

Aging

Craig Gunderson, PhD, Soybean Industry Endowed Professor in Agricultural Strategy, Professor in the College of Agricultural, Consumer and Environmental Sciences Department of Agricultural and Consumer Economics at the University of Illinois

Dr. Gunderson led a study that found that 5.4 million people age 60 or older in the U.S., or 8.1 percent, did not have enough food for an active, healthy lifestyle. He explained how food insecurity adversely affects a senior citizen's health, and why many low-income seniors fail to take advantage of government programs available to them.

Issues covered:

Length: 4:46

Hunger

Poverty

Senior Citizens

Government Programs

Show # 2021-41

Date aired: 10/10/21

Roby Greenwald, PhD, Assistant Professor from the School of Public Health, Georgia State University

Traffic pollution research has traditionally been conducted with outdoor roadside sensors. Dr. Greenwald led a study with sensors mounted inside the passenger compartments of cars, and found that interior pollution levels were twice as high as previously thought. He talked about the various forms of pollution he found and their potential health effects.

Issues covered:

Pollution

Personal Health

Length: 8:54

Rebekah H. Nagler, PhD, Assistant Professor in the Hubbard School of Journalism & Mass Communication, University of Minnesota

Dr. Nagler led a study that found that most American women aren't aware of the risks of overdiagnosis and overtreatment in regards to breast cancer screening. She discussed the challenges of educating women about these risks so they can make informed decisions about mammograms and breast cancer screening.

Issues covered:

Cancer

Women's Issues

Length: 8:18

David Rabiner, PhD, Senior Research Scientist in the Department of Psychology & Neuroscience at Duke University

The use of "study drugs" -- prescription medications used illegally by college students improve their academic performance--is on the rise. Dr. Rabiner said the drugs of choice are those typically used to treat ADHD. He discussed the question of whether the practice is a form of academic cheating. He added that students who use these medications without a prescription typically have higher rates of drug and alcohol abuse, perform worse academically and are more stressed out about their grades.

Issues covered:

Substance Abuse

Education

Length: 4:57

Show # 2021-42

Date aired: 10/17/21

David Mazer, MD, anesthesiologist at St. Michael's Hospital and Professor in the Departments of Anesthesia and Physiology at the University of Toronto

Dr. Mazer was the co-author of a study that found that adults under 45 years old, who consumed cannabis within the last 30 days, suffered from nearly double the number of heart attacks than adults who didn't use the drug. He said the trend was evident whether cannabis was smoked, vaped or eaten as an edible. He outlined the lessons that can be learned from the research.

Issues covered:

Drug Abuse

Personal Health

Length: 7:00

Joanna Quinn, M.Ed., former middle school teacher, founder of Super Empowered One, an organization dedicated to building confidence in kids, author of "*Greta Grace*," a book focused on bullying and self-esteem

According to StopBullying.gov, one in five kids between the ages of 12 and 18 have experienced bullying. Ms. Quinn outlined the typical signs of bullying and what parents should do if their child is either a victim or a bully. She talked about the increasing role that schools play in the prevention of bullying.

Issues covered:

Length: 10:00

**Bullying
Youth at Risk
Parenting**

Elizabeth Klodas, MD, FACC, cardiologist, Founder and Chief Medical Officer for Step One Foods, author of "*Slay the Giant: The Power of Prevention in Defeating Heart Disease*," founding Editor-in-Chief of the patient education effort of the American College of Cardiology

About 38% of American adults have high cholesterol, according to the Centers for Disease Control. Dr. Klodas discussed the problem, and explained how dietary changes can make a significant difference in cholesterol levels. She said it is important to address the cause of the problem, rather than the symptom.

Issues covered:

Length: 5:21

**Nutrition
Personal Health**

Show # 2021-43

Date aired: 10/24/21

Manny Centeno, Program Manager of the Integrated Public Alert and Warning System, part of the Federal Emergency Management Agency

Mr. Centeno outlined what the public needs to know about the Emergency Alert System, and provided real-life examples to illustrate why EAS is so important to public safety. He also discussed the purpose of "Primary Entry Point" radio stations and details of the all-hazards upgrades at those 77 stations, to add special air scrubbing for chemical, biological and radiological protection, EMP resistance and emergency power generation. He also mentioned the role played by satellite, cable systems and the internet via desktop and mobile phone alerts.

Issues covered:

Length: 9:27

**Disaster Preparedness
Public Safety
Government**

Amanda Paluch, PhD, Physical Activity Epidemiologist at the University of Massachusetts, Amherst

Prof. Paluch led a study that found that walking at least 7,000 steps a day--about 3-4 miles--reduced middle-aged people's risk of premature death from all causes by 50% to 70%, compared to those who took fewer daily steps. She found that 7000-10,000 steps range was the "sweet spot," because walking more than 10,000 steps per day, or walking faster, did not further reduce the risk.

Issues covered:

Length: 7:47

**Personal Health
Physical Fitness**

Vanessa Bohns, PhD, Associate Professor in the Department of Organizational Behavior at the New York State School of Industrial and Labor Relations at Cornell University

Work emails are sent at all hours of the day and night now, and are a tremendous source of stress, whether someone works in an office or remotely. Prof. Bohns said people can limit the negative impact of email, by not necessarily sending less email, but by sending better emails that clearly define how urgently they expect a response.

Issues covered:
Workplace Matters
Stress Reduction

Length: 5:06

Show # 2021-44

Date aired: ____10/31/21____

Eric Garcia, journalist, author of "*We're Not Broken: Changing the Autism Conversation*"

Mr. Garcia shared his story of living with autism, to explain the social and policy gaps that often fail to help Americans across the autism spectrum. He said society has not listened to the needs of the autistic community. He outlined several misconceptions, including the belief that there is an autism epidemic, because diagnostic criteria were expanded in the 1990s.

Issues covered:
Autism
Government Policies

Length: 9:05

Sarah Foster, Bankrate.com analyst

Higher education is one of the most important financial decisions most young people make, and Bankrate.com recently completed a study that ranked the most and least valuable college majors. Ms. Foster shared the rankings, as well as what crucial factors college students should consider when deciding on a major.

Issues covered:
Higher Education
Career

Length: 8:05

Elaine Parke, author of "*The Habits of Unity: 12 Months to a Stronger America...One Citizen at a Time*"

Recent news has cast Facebook in a less than flattering light. Ms. Parke says, like anything, the positive or negative influences of Facebook depend on how you use it. She said in a time of political division and social strife, paying closer attention to the social media Americans are exposed to—or taking a break from Facebook—might be good for their mental health.

Issues covered:
Mental Health
Social Media

Length: 4:59

Show # 2021-45

Date aired: 11/07/21

Jen Fisher, US Chief Well-being Officer at Deloitte, a multinational professional services network, author of "*Work Better Together: How to Cultivate Strong Relationships to Maximize Well-Being and Boost Bottom Lines*"

1 in 4 adults struggle with mental health challenges, and those suffering often hide it at work for fear of discrimination from peers or bosses. Ms. Fisher explained how companies can encourage open and honest conversations to remove the stigma surrounding mental health. She also said companies need to redefine the concept of sick days, to improve mental as well as physical health.

Issues covered:

Length: 8:59

Mental Health

Workplace Matters

Patty Alper, President of the Alper Portfolio Group, author of "*Teach to Work: How a Mentor, a Mentee, and a Project Can Close the Skills Gap in America*"

Millions of Americans are looking for new jobs right now, largely because they're simply not satisfied with where they are. Ms. Alper explained why mentors are important for the success of both employees and a company overall. She also outlined the questions an applicant can ask to determine the accessibility to mentors throughout a company. She also discussed her work in recruiting CEOs to mentor inner-city youth.

Issues covered:

Length: 8:11

Career

Mentoring

Shannon Carpenter, stay-at-home dad. author of "*The Ultimate Stay-At-Home Dad: Your Essential Manual for Being an Awesome Full-Time Father*"

There are over 2 million stay-at-home dads in the United States, not including those with part-time jobs. Mr. Carpenter shared his own story of becoming a stay-at-home dad and the lessons he tries to share with other men considering it. He talked about the isolation often faced by stay-at-home dads, and recommended support groups to help.

Issues covered:

Length: 5:00

Parenting

Mental Health

Show # 2021-46

Date aired: 11/14/21

Gary Zimmerman, founder and CEO of the web site MaxMyInterest.com

Today, the average US savings account pays 0.06 percent interest annually, an annual return of just \$6 in interest on a \$10,000 nest egg. Mr. Zimmerman's company aims to help consumers holding high amounts of cash automatically find the best available interest rate. He talked about reasons behind rising inflation and the current economic conditions. He explained why banks are paying such low rates, and when the trend may change.

Issues covered:

Length: 8:24

Economy

Personal Finance

Carl Hanson, PhD, Professor of Public Health, Brigham Young University

Researchers from Brigham Young University, Johns Hopkins and Harvard have created an algorithm that can predict suicidal thoughts and behavior among adolescents with 91% accuracy. Prof. Hanson was one of the co-authors of the study, and he said the two primary risk factors related to personal connections: family relationships, and friendships with peers.

Issues covered:

Length: 8:57

Suicide
Youth at Risk
Mental Health
Substance Abuse

Sung Rhee, CEO and founder of Optimal, a higher education data research company

A recent survey found that more than half of teens today are gravitating toward a skill-based education, and almost half are leaning toward programs that can be completed within two years. Mr. Rhee's organization recently published an analysis titled "Coding Bootcamp vs College: Which Will Help You Land the Most Prestigious Jobs in the Tech Industry?" He explained what a coding boot camp teaches and who is a likely candidate to attend.

Issues covered:

Length: 5:11

Career
Higher Education
Technology

Show # 2021-47

Date aired: ___11/21/21

Hua Cai, PhD, Associate Professor of Environmental and Ecological Engineering, and Industrial Engineering at Purdue University

Most consumers want to make food purchases that are smart for their wallets, their health and the environment. Prof. Cai led a study that examined grocery purchase records of over 57,000 U.S. households, finding that 71% of homes surveyed could decrease their food carbon footprint, via three simple changes in their shopping habits.

Issues covered:

Length: 8:40

Climate Change
Consumer Matters

Daniel Laroche, MD, glaucoma specialist, Director of Glaucoma Services and President of Advanced Eyecare of New York, Clinical Assistant Professor of Ophthalmology with the Icahn School of Medicine at Mount Sinai Medical Center

Dr. Laroche explained why a yearly eye exam is so critical. He outlined the most common symptoms of glaucoma, who is at greatest risk, and why people of color are in the highest risk category. He also discussed the latest treatment options to lower eye pressure and eliminate the need for medication.

Issues covered:

Length: 8:37

Glaucoma
Personal Health
Minority Concerns

Anna Joyce, PhD, MSc, Lecturer in Psychology, specializing in developmental psychology, atypical development, and sleep at Regent's University London

Sleep problems are common in children and are known to detrimentally affect language and cognitive abilities, as well as academic achievement. Prof. Joyce led a study that examined the connection between sleep-disordered breathing and daytime sleepiness in children and reading skills. She offered advice for parents to improve the quality of their child's sleep.

Issues covered:
Children's Health
Education
Parenting

Length: 5:10

Show # 2021-48

Date aired: 11/28/21

Suzanne Bouffard, PhD, expert in child development and education, author of "*The Most Important Year: Pre-Kindergarten and the Future of Our Children*"

Dr. Bouffard discussed the critical importance of pre-school programs. She noted that children who attend quality pre-K programs have a host of positive outcomes including better language, literacy, problem-solving and math skills later in school. She said also they have a leg up on the most essential skill: self-control. She offered advice for parents on how to choose a quality pre-school.

Issues covered:
Education
Parenting

Length: 8:41

Robert Stern, Ph.D., Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, Director of the Clinical Core of the Boston University Alzheimer's Disease Center, Director of Clinical Research for the Boston University Chronic Traumatic Encephalopathy (CTE) Center

Dr. Stern led a study that found that athletes who began playing tackle football before the age of 12 had more behavioral and cognitive problems later in life than those who started playing after they turned 12. He outlined the symptoms of CTE, and discussed the factors that parents should consider before allowing their child to participate in contact sports.

Issues covered:
Youth at Risk
Personal Health
Parenting

Length: 8:32

Julia Leonard, graduate student in Brain and Cognitive Sciences at the Massachusetts Institute of Technology

Ms. Leonard was the first author of a study that found that when 1-year olds observe an adult persisting at a challenging task, they themselves try harder when faced with a problem. She explained why developing perseverance in early childhood pays off later in school and other pursuits.

Issues covered:
Child Development
Parenting

Length: 5:02

Show # 2021-49

Date aired: 12/5/21

Elliott Haut, MD, FACS, Associate Professor of Surgery and Anesthesiology & Critical Care Medicine, Johns Hopkins University School of Medicine

Dr. Haut led a study that found that victims of gunshots or stabbings taken to a trauma center by private vehicle were 62% less likely to die compared to victims transported by an ambulance or EMS vehicle. He talked about the possible reasons behind this finding. He also explained why it is so important for the average person to be taught how to use direct pressure to stop bleeding.

Issues covered:

Length: 9:00

**Emergency Preparedness
First Aid
Personal Health**

Vicki Bogan, PhD, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University, founder and director of the Institute for Behavioral and Household Finance

Mental health problems can have a large negative effect on retirement savings, according to Dr. Bogan's research. She discussed her study, which found that people with anxiety and depression are nearly 25 percent less likely to have a retirement savings account, and their savings are dramatically smaller than those without psychological distress.

Issues covered:

Length: 8:08

**Mental Health
Retirement Planning**

May McCarthy, serial entrepreneur, author of *"The Path to Wealth: Seven Spiritual Steps to Financial Abundance"*

Ms. McCarthy talked about the biggest surprises encountered by people who start their own business. She described the characteristics of successful entrepreneurs, and why owning a business can be very rewarding.

Issues covered:

Length: 4:51

**Entrepreneurism
Career**

Show # 2021-50

Date aired: 12/12/21

Alison Gemmill, PhD, MPH, Assistant Professor in the Department of Population, Family and Reproductive Health at Johns Hopkins Bloomberg School of Public Health

2020 saw the fewest babies born relative to the population of women between 15 and 44 of any year in American history. Prof. Gemmill discussed the most significant reasons behind the drop in US birthrates, the social effects a declining population may cause, and what steps in public policy may change the trend.

Issues covered:

Length: 8:48

**Population
Government Policies
Parenting**

Grant Donnelly, PhD, Assistant Professor of Marketing at The Ohio State University's Fisher College of Business

Several US cities have instituted taxes on drinks with added sugar, in order to reduce consumption. Prof. Donnelly led a study that examined whether price tags that specifically mentioned the tax would change consumers' buying decisions. He said the tax falls harder on low-income consumers.

Issues covered:

Length: 8:13

Taxes

Consumer Matters

Personal Health

Bree Fowler, Senior Security expert at CNET

An estimated \$63 billion in holiday packages will be delivered to homes this holiday season, and a recent survey found that 43% of Americans have had at least one package stolen from their porch. Ms. Fowler outlined simple steps online shoppers can take to deter porch pirates.

Issues covered:

Length: 5:12

Crime

Consumer Matters

Show # 2021-51

Date aired: 12/19/21

Tim Larkin, self-defense expert, author of *"When Violence Is the Answer: Learning How to Do What It Takes When Your Life Is at Stake"*

Mr. Larkin discussed the use of violence in self-defensive situations. He discussed ways to prevent, prepare for, and survive violent encounters with criminals. He said that violence is a tool equally effective in the hands of the "bad guy" or the "good guy" and that the person who acts first, fastest and with the full force of their body is the one who typically survives a violent incident.

Issues covered:

Length: 9:21

Personal Defense

Crime

Gail Heyman, PhD, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

Issues covered:

Length: 7:50

Racial Bias

Diversity

Doug Abrams, author of "*The Book of Joy Journal*"

Mr. Abrams discussed a conversation he moderated between Archbishop Desmond Tutu and His Holiness the Dalai Lama, on the topic of joy. He explained how these two men have intentionally found joy in their lives, despite the hardships they have faced and the many atrocities they have witnessed.

Issues covered:
Mental Health

Length: 4:54

Show # 2021-52

Date aired: 12/26/21

Scott Galloway, PhD, Professor of Marketing in the Stern School of Business, New York University, author of "*The Four: The Hidden DNA of Amazon, Apple, Facebook, and Google*"

Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Dr. Galloway discussed the concerns in allowing individual companies to have such dominance over American consumers and whether these companies are playing by the rules applied to other businesses.

Issues covered:
Government Regulations
Consumer Matters
Economy

Length: 8:56

Katreena Scott, PhD, Associate Professor in the Department of Applied Psychology and Human Development, University of Toronto

Dr. Scott led a study that examined how the workplace is affected by an employee who is involved in domestic violence. She said not only does it result in lowered productivity, but a third of the men reported that they used workplace time and resources to continue to engage in emotionally abusive behavior. She explained how employers can offer assistance for employees with domestic violence issues.

Issues covered:
Domestic Violence
Workplace Matters
Mental Health

Length: 8:17

Lawrence J. Cheskin, M.D., F.A.C.P., Associate Professor of Health, Behavior & Society, Johns Hopkins University School of Medicine

Almost 40 percent of American adults and nearly 20 percent of adolescents are obese. Dr. Cheskin led a study that examined the financial costs of being overweight at various stages of life. He said lost productivity on the job accounted for at least 50% of the expense of being overweight, even more than direct medical expenditures.

Issues covered:
Personal Health
Workplace Matters

Length: 4:53