

Quarterly Issues & Programs Report

WKML- FM

HD-1 & HD-2

Lumberton-Fayetteville, NC

3rd Quarter

July– August – September, 2021

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WKML-FM/HD 1 & HD 2

ISSUE/PROGRAM SUMMARY

2021

JULY-AUGUST-SEPTEMBER

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

Covid-19 Vaccinations/Water Conservation/United Way Funding/Rental Assistance/Airborne Birthday/Firefighting Training/Lafayette Historical Society/FEMA Training/Indigo Moon Film Festival/ North Carolina State Health Insurance Information Program

Issues were addressed via- Daily Public Service Announcements

Daily Newscasts

Weekly Long-form Public Affairs Programs

Live Broadcasts from Community Events

3rd Qtr 2021 Public Affairs Broadcasts (“Talkback” - Sunday 7:30am) –

WKML-FM/HD1 & HD2

(Paul Johnson hosted, with the following guests:)

7/04/21 Dr. Judith Borger – (26:56) Encore of 210516

Dr. Judith Borger of Cape Fear Valley Hospital talked about COVID-19 vaccines. She is the Director of Research at CFVHS and has been a member of the U.S. vaccine trials research team that tested three vaccines (Moderna. She has seen and provided some great information about how the vaccines work, how they can help you and our community. We discussed vaccine hesitancy – some based on uncertainty, some on anti-vaccine sentiment based on debunked facts, some anti-vaccine based upon religious or philosophic grounds. Dr. Borger believes vaccinations are the best path to return to normal in the U.S. and urged our listeners to examine their own feelings and research their objections. She thinks most people who can get vaccinated should, based on taking personal responsibility for the loved ones around them. She is optimistic we'll defeat the coronavirus if we all do our part.

7/11/21 Elaina Ball, Fred Surgeon – (23:36)

Elaina Ball, CEO of Fayetteville's hometown Public Utility joined us to relay timely messages on electric and water conservation as we head into the hottest two months of Summer. She reminded us of electric conservation techniques during 3 to 7 pm (peak “time of use” rate hours from March to November) such as turning up the AC thermostat temperature in those four weekday hours, doubling down on the use of cooling fans and window shades to offset the effects of heat when the AC thermostat is set higher. Cooking on the grill and moving energy-consuming tasks like washer-dryer operation to off-peak hours can also generate savings on your electric bill. On the water side, observing the Odd-Even Address sprinkler restrictions also helps PWC manage its peak water usage, which helps PWC manage how it can bill for water usage. With Customers and PWC working together, everybody saves!

Fred Surgeon is the **Owner, Designer and Chief Imagineer of Sweet Valley Ranch** – a working farm that also serves as a zoo – AND an education and family entertainment center, as well as the hub for several other entrepreneurial efforts based on the property! Fred discussed his latest interactive and large-scale Dinosaur exhibit, plus farm and zoo tour!

7/18/21 Amy Nevehas, LisaHughes (26:12)

This morning's first guest was **Amy Nevehas**, former head of Better Health, a United Way healthcare agency and now new Executive Director of the United Way of Cumberland County.

Amy discussed despite challenges in the previous Pandemic-affected year, the audits of performance and spending in the previous years came out well and plans for the coming year for the United Way's 29 member agencies were “full speed ahead”. She was positive as the Campaign season for the coming year was coming together. We featured a request for our listeners to keep funding for the United Way in the forefront of their minds since there are

almost no area families that would be immune from all the misfortune that could send THEM to the United Way of Cumberland County's door.

Lisa Hughes, Licensed Social Worker and Assistant Executive Director of the **Cumberland County Council on Older Adults** talked about newly-funded programs for those families who have a member with a Cognitive Disorder (Alzheimer's Disease or other).

The **Council on Older Adults** had received several new grants that had expanded or grown services – including one, as an example, where playing old familiar songs had been useful in rousing awareness and, therefore, hope for remaining family members.

7/25/21 Jared Thompson (RAP & ARP Funds) and Fred Surgeon (25:00)

Jared Thompson, Public Information specialist from Cumberland County, detailed how citizens can apply for Rental (and utility payment) Assistance through the federally-funded Rental Assistance Program, designed to help families and households during the on-going pandemic. Outreach phone number (888-495-7710) and website URL (FayettevilleCumberlandRAP.com). **Jared** also discussed public meetings (both **live AND virtual**) set up to **solicit consensus** on how Cumberland County should spend **\$65 million** in **American Rescue Plan** funds. The choices were limited in type but ARP Fund Committee members wanted public input! Jared's visit helped **publicize the meetings for advocating the citizens' choices!**

In Fred Surgeon's portion of the show, he detailed the entrepreneurial spirit he felt when he saw, then purchased, the farmland on Sunnyside School Road in Fayetteville five years before. He **outlined his family's development steps** and also **offered a preview of Sweet Valley Ranch's fall attractions** – a Corn Maze and Haunted House – **plus the Thanksgiving through Christmas "Festival of Lights."** He detailed the planning and effort that went into all Sweet Valley Ranch endeavors to **maximize educational benefit and inspire thought** in young, impressionable minds!

8/01/21 Danny Highsmith Recollection of Beasley and Krzyzewski – Encore from 210606 (26:28)

With Beasley Media Group still feeling the effects of the passing of our founder and spiritual leader, George Beasley, it was felt this set of recollections was timely for our community, since George hailed from modest beginnings in the **North Carolina** community of Mount Airy (same as Andy Griffith). His first radio station was started while he was a high school principal in nearby Benson, NC. Fayetteville's WKML was his first mega-successful station, paving the way for the company's growth into larger markets. Danny was fortunate to have worked side by side at times for and with George Beasley for nearly 50 years!

The same day George Beasley passed (June 2nd), legendary **Duke University head basketball Coach Mike Krzyzewski** publicly announced his retirement. Danny had worked on Duke radio broadcasts as a color commentator from 1975-1986, which spanned over the time **Coach "K"** was hired and survived his first (and only) crisis of confidence. Danny recounted how largely gracefully Coach K has handled himself over the years!

8/08/21 Dr. Jennifer Greene, Mike Nagowski, Shirley Bolden and Atty. Ronald C. Crosby (26:53)

Cumberland County Public Health Director **Dr. Jennifer Greene**, Cape Fear Valley Hospital CEO **Mike Nagowski**, updated us on the current state of the pandemic in Cumberland County and surrounding areas (where, often, COVID-19 sufferers were brought into Cumberland County hospitals for treatment.) Both **stated the importance of receiving vaccines** as public school and collegiate classes and fall sports (with crowds and sometimes lack of masks) were about to begin! **Both reiterated the importance of urgency of getting them because of the extra 14 days needed to ramp up immunity after getting the shot!**

Cumberland County Schools Health Director **Shirley Bolden** spoke of the measures (sanitization, contact tracing, 3-W's practices, etc.) the District was taking to attempt to insure **student, teacher and guest safety!**

In a **community diversity segment** honoring minority-owned businesses and good neighbors, we introduced and told the story of 24-year African-American Attorney and Community Leader Ronald C. Crosby! A distinguished career in Fayetteville law and community leadership!

8/15/21 Airborne Birthday/JMPI – Encore of 210816 (21:54)

For the commemoration of **Airborne Warfare's 80th Birthday** (born in August of 1940), we talked with various Jump Master instructors and the U.S. Army's Advanced Airborne School at Fort Bragg about the training undergone by potential Jump Masters who would, in turn, train and conduct **Personnel Inspections** of airborne troops. Jumpmaster training is thorough and exacting – which is necessary to prevent accidents and casualties in the field. Our report highlighted the unique spirit found in Advanced Airborne Jump Master trainers.

8/22/21 U.S. Senator Thom Tillis (R-NC), Fallon Brewington, Crystal DePietro (26:36)

We caught up with and interviewed **U.S. Senator Thom Tillis (R-NC)** as he came to **Fayetteville Technical Community College (FTCC)** to observe the nationally recognized CyberSecurity program at FTCC, visit with its students and faculty and even take part in a screen-delivered quiz. Tillis is knowledgeable on the subject from his previous experience in banking. He said he was impressed with the FTCC program but would like to see even more funding to advance the program further. He considers this technology essential.

Fallon Brewington is the **Executive Director** of the **Sandhills Boy and Girls Clubs** in nearby **Southern Pines/Pinehurst, NC**. As they prepare to open a new club in **Pinehurst**, the organization is planning several ambitious fundraisers designed to benefit children from around the Moore County area. Ms. Brewington detailed those campaigns, including the ever-popular, geologically-centric Sandhills Trivia!

Crystal DePietro, is the **Executive Director** of **Community Connections of Cumberland County** – an non-profit organization benefitting women and mothers at risk for homelessness and abject poverty. It provides a “hand-up” for aiding employment and emergency lodging. It’s a program proven to work – **Crystal DePietro** herself is a past enrollee! She promoted the non-profit’s upcoming art auction!

8/29/21 Dr. Karen Smith (28:35)

Dr. Karen M. Smith is a **COVID-19 immunization road warrior!** **Dr. Smith** has a busy private practice in Raeford in nearby Hoke County. The visitors and patients who come to her clinic all know people who don’t, because of poverty or lack of knowledge, don’t visit her – or anybody else’s clinic. So she has vowed to find them and made the COVID-19 vaccinations available.

With the aid of vans supplied by Public Health charities, she and her office have made immunizations available to underserved and what she terms “minimized” (rural and minority) sectors of the population. **Why? “Because they need it – and don’t always know how to use the regular channels to get it! And nobody who doesn’t know about them look for them. That’s why my practice seeks them out!”** A compelling story of determination!

9/05/21 GeneBooth_GarryCrumpler_KevinTurner_HankParfitt (25:17)

On Saturday, August 28th, **Gene Booth, Cumberland County Emergency Management Director**, conducted a **flammable liquid and hazardous gas containment and decontamination** exercise at the parking lot of a local industrial supply company. Why? **“So area Fire Departments could practice handling a transportation mishap they might not encounter everyday – but NEED TO KNOW how to handle.”** Why on a Saturday morning? **“So local VOLUNTEER fire departments could get the experience too! If we did this during the week, only the professional, full-time firefighters could participate!”**

That’s the thought process of Cumberland County’s Emergency Management Director. Gene Booth wisely created a scenario to **help train the biggest possible cross-section of the county’s emergency personnel.**

He said he’s also **pleased with Cumberland County’s state of readiness for any upcoming weather emergencies.**

Hank Parfitt, President of the Lafayette Society, the organization that celebrates the life and legacy of American Revolutionary hero and (French) general Gilbert du Motier, the Marquis de Lafayette, stopped by to promote the 2021 pandemic-modified “Lafayette’s Birthday” event - this year scaled back to the traditional Thursday (September 9) French music concert and Sunday (September 12) ribbon cutting to the new section of Lafayette Park in Historic downtown Fayetteville.

09/12/21 Carolyn Justice-Hinson (PWC), James Bartlinski and Renee Lane of the Airborne and ASOM_CERT (27:18)

Carolyn Justice Hinson, Communications/Community Relations Director for “Our Hometown Utility”, Fayetteville’s Public Works Commission (PWC) issued PWC’s concern for customers who had put off paying PWC for water, electric or both during the pandemic. Customers needing utility payment (or rental) assistance were asked to contact Fayetteville PWC’s Customer Service department, or the Fayetteville/Cumberland Rental Assistance Program at 888-495-7710 or FayettevilleCumberlandRAP.com. Carolyn also highlighted several community events coming up including Drive Electric Week (with its own EV Vehicle Show at PWC and the coming of October Public Power Month.

James Bartlinski, Airborne and Special Operations Museum (ASOM) Director and Renee Lane, ASOM Foundation Director, promoted the Opening Ceremonies for Fayetteville’s **Field of Honor – a 500 flag display** honoring Veterans and Military Heroes from September 11th through the end of November (including Veteran’s Day!

Cape Fear Community Emergency Response Teams (CERT) leaders, Gregory and Melode Dickerson, invited interested community members to get FEMA-approved CERT training, with which to prepare citizen’s for emergency response within their families OR as community volunteers.

9/19/21 Kelly Pappgeekose, Jan Johnson & Pat Wright, Ken Smith (30:35)

Kelly Pappgeekose, representing the **Greek Festival** (Saints Constantine and Helen Greek Orthodox Church’s annual celebration of Greek culture (including food), invited the community to partake in this year’s pandemic-compatible “Grab and Go” format for the festival. The festival would feature music, some booths and all the favorite consumables – just no on-premise dining! All take out! (Saturday 11a-8p, Sunday 12n-5p!)

Jan Johnson and Pat Wright of Groundswell Pictures are the local organizing drivers of Fayetteville’s **Indigo Moon Film Festival – an 8-day celebration of independent film held every October**. Last year it was **all virtual**, owing to the pandemic. **In 2021**, it will be **mostly virtual!** **Thursday (10/7) and Friday (10/8)** films will be shown at **Segra Stadium** – an outdoor venue – **masks and social distancing** required. All ticketing provisions found at ***IndigoMoonFilmFestival.com!***

With September being Suicide Prevention Month, **Amy Navehas of the United Way of Cumberland County** assisted in lining up a **Counselor representative of Cumberland County Communicare**, the County agency responsible for family-level interventions of many types. **Ken Smith** talked about the necessity of observing behavior in those we love indicating a pulling away or separation from normal interaction – then using those observations to start a “Is there something wrong?” conversation that, in turn, would be useful in getting that loved one into a dialog with a professional counselor. **Ken Smith says love, understanding and**

concern are the most important keys to reaching someone about to fall into the abyss of loneliness and despair.

9/26/21 Carolyn Justice-Hinson, Lisa Hughes, and Atty. Nicole Cotton (25:46)

Carolyn Justice-Hinson offered an invitation to the **Drive Electric Week Car Show** in the PWC Parking Lot Saturday, October 2nd 11am-3pm.

Lisa Hughes of the **Cumberland County Council on Older Adults** invited **Medicare Supplemental Insurance** and **Medicare Part D Drug Plan** members to get a free, no obligation **North Carolina State Health Insurance Information Program (NC SHIIP)** review and possible new choices for the coming 2022 calendar year between October 15th and December 7th!

We also featured a conversation with local **Atty. Nicole Cotton** – a minority female entrepreneur and business owner, who shared the story of her determination, struggles, education and mentoring by inspirational leaders including her Mother. She did not always recognize the opportunities set before her, but guided by faith, hers is an inspirational story!



WKML-FM
HD1& HD2

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2021

Date aired: 07/04/2021 Time Aired: 6:30 am

Gregory Plemmons, PhD, Associate Professor of Pediatrics at Monroe Carell Jr. Children's Hospital at Vanderbilt University

Dr. Plemmons led a study that found the percentage of younger children and teens hospitalized for suicidal thoughts or actions in the United States has doubled over the past decade. He talked about the possible reasons for such a steep increase, what ages are at the greatest risk, and how parents can recognize signs of suicidal thoughts in their children.

Issues covered:

Teen Suicide
Parenting

Length: 7:46

Jeff Stalnaker, President and Co-Founder of First Orion, a provider of data and phone call transparency solutions

Mr. Stalnaker's company commissioned a survey that found that Millennials are more likely than any other generation to give away personal information to scammers over the phone. He said nearly 40 percent of those surveyed have been contacted by someone impersonating the IRS. He talked about other current scams, and offered advice on how to avoid falling prey to scammers.

Issues covered:

Consumer Matters
Crime

Length: 9:17

Date aired: 07/11/2021 Time Aired: 6:30 am

Darrin Grondel, Vice President of Traffic Safety and Government Relations for the Foundation for Advancing Alcohol Responsibility

Although there were far fewer vehicles on the roads during the pandemic, traffic deaths rose more than 7% in 2020 to a 13-year high. Mr. Grondel discussed grants awarded by the Governors Highway Safety Association and the Foundation for Advancing Alcohol Responsibility to help states keep Americans safe from alcohol- and drug-impaired drivers.

Issues covered:

Drunk/Drugged Driving
Traffic Safety

Length: 8:58

Marshall Allen, reporter for ProPublica, where he covers the health care industry, author of "Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win"

Americans pay about twice as much per person for healthcare than the citizens of other developed nations, and about 1 in 6 of has medical debt in collections. Mr. Allen advised consumers to make sure each medical bill is itemized, and to check the billing codes to make sure the bill is accurate and priced fairly, before paying it. He also explained how doctors are incentivized to perform many treatments and tests whether they are needed or not.

Issues covered:
Consumer Matters
Personal Health

Length: 8:11

Date aired: 07/18/2021 **Time Aired:** 6:30 am

Carmen Piernas, MSc, PhD, University Research Lecturer at the Nuffield Department of Primary Care Health Sciences at the University of Oxford

Dr. Piernas was part of a group of British researchers that examined the strong connection between COVID 19 and obesity. She said they found that younger people with a Body Mass Index of 30 or more, which is considered obese, are at a significantly higher risk of being hospitalized or dying of COVID-19, while those with a BMI of 23 are at the lowest risk. Interestingly, they found that obesity made no difference at all in COVID risks for the elderly.

Issues covered:
COVID-19
Obesity
Public Health

Length: 9:17

Rebecca Johnson, PhD, Co-Director of Citizen Science and Research Associate in the Department of Invertebrate Zoology and Geology at the California Academy of Sciences

In recent years, community science--also known as citizen science--has become a global phenomenon, as millions of amateurs with an interest in science contribute unparalleled amounts of data on the natural world. Ms. Johnson said community science data remains widely underutilized by the scientific community due to its perception as being less reliable than expert-collected data. She said community science may be the only practical way to answer important questions about our planet's biodiversity and how it is changing.

Issues covered:
Science
Climate Change

Length: 7:58

Date aired: 07/25/2021 **Time Aired:** 6:30 am

Elizabeth Rosenthal, MD, former reporter and senior writer at The New York Times, Editor in Chief of Kaiser Health News, former ER physician, author of "*An American Sickness: How Healthcare Became Big Business and How You Can Take It Back*"

Dr. Rosenthal discussed the rapidly rising costs of healthcare in the past few decades and the reasons behind them. She gave examples of some of the more egregious differences in healthcare costs in the US, compared to other countries. She explained how healthcare consumers can learn to negotiate with hospitals and doctors.

Issues covered:
Personal Health
Consumer Matters

Length: 8:39

Jodie Plumert, PhD, Professor in the Department of Psychological and Brain Sciences at the University of Iowa

For adults, crossing the street by foot seems easy. Yet it is anything but simple for a child. Dr. Plumert led a study that found that perceptual judgment and motor skills are not fully developed in most kids until age 14. She explained what parents can do to help children learn these life and death skills as early as possible.

Issues covered:
Traffic Safety
Parenting
Children's Issues

Length: 8:27

Date aired: 08/01/2021 **Time Aired:** 6:30 am

Sally Erny, National Stakeholder Engagement Officer of the National Court Appointed Special Advocate Association

Ms. Erny explained how court-appointed special advocates (CASAs) look out for the interests of abused or neglected children. She discussed how CASA volunteers work with attorneys and other court officers to ensure the youngsters are in safe and healthy foster care, and eventually, permanent homes. She also outlined the training that these volunteers receive, and how someone can volunteer.

Issues covered:
Child Abuse
Foster Care
Volunteerism

Length: 8:26

Clint Emerson, retired Navy Seal, author of "*100 Deadly Skills: Survival Edition: The SEAL Operative's Guide to Surviving in the Wild and Being Prepared for Any Disaster*"

Mr. Emerson offered numerous tips on how to crime-proof a house and how to avoid becoming a victim of crime in other environments, as well. He explained the importance of being aware of your environment, in order to react to dangerous situations or avoid them in the first place. He also talked about the options available to people caught in active shooter incidents or terrorist attacks.

Issues covered:
Crime Prevention
Terrorism

Length: 8:46

Date aired: 08/08/2021 Time Aired: 6:30 am

Helen Horyza, career coach, founder of the Career Coach Entrepreneur Academy certificate programs, author of "*Elevate Your Career: Live a Life You're Truly Proud Of*"

Nearly 60% of middle-income workers are asking the question: Am I really where I want to be? Ms. Horyza explained why so many people stay in unrewarding careers and how to find a happier path. She shared real-world examples of people who found their true passion in life and created a career that perfectly suited their interests and talents.

Issues covered:

**Career
Unemployment**

Length: 7:50

Maria J. Prados, PhD, Economist at the University of Southern California's Center for Economic and Social Research

Social Security benefits are a critical component in planning and saving for retirement. Prof. Prados co-authored a study that found that the average American overestimates their future monthly Social Security check by more than \$300. She explained why this is a serious problem and how consumers can find out how much their future Social Security benefit will be.

Issues covered:

**Retirement Planning
Personal Finance**

Length: 9:19

Date aired: 08/15/2021 Time Aired: 6:30 am

Loretta Alkalay, former FAA eastern regional counsel, Adjunct Professor at Vaughn College of Aeronautics & Technology, a private college in East Elmhurst, New York, specializing in aviation and engineering education

Incidents of violence at airports and during flights have been on the rise in recent months. Prof. Alkalay discussed the problem and how the increasingly stressful experience of flying has fueled it. When an aircraft's doors are closed, any criminal activity falls under federal jurisdiction, but she believes changes are needed to allow local authorities to make arrests and prosecute.

Issues covered:

**Transportation
Law Enforcement
Mental Health**

Length: 8:53

Jenn Donahue, leadership coach, engineer, entrepreneur

The leadership gender gap in American business is glaring; even today, women fill just 6% of CEO positions at Fortune 500 companies. Ms. Donahue explained how those women who have broken the glass ceiling can determine their leadership style, and also seek ways to bring other women up through mentoring.

Issues covered:

**Women's Concerns
Career**

Length: 8:26

Date aired: 08/22/2021 Time Aired: 6:30 am

Clifford Bassett, M.D., FAAAAI, FAAAAI, Founder and Medical Director of Allergy and Asthma Care of New York, author of "*The New Allergy Solution: Supercharge Resistance, Slash Medication, Stop Suffering*"

Allergies are on the rise. Dr. Bassett explained why the problem and its underlying causes are quite complex. He believes in many cases, allergic reactions can be prevented, with proper medical advice that examines the interplay of diet, mindset, and environment.

Issues covered:
Personal Health

Length: 7:28

Cornelius N. Grove, Ed.D., education expert, author of "*The Drive to Learn: What the East Asian Experience Tells Us About Raising Students Who Excel*"

American students are currently ranked #25 in education globally, significantly behind countries such as Singapore, China and Japan. He believes that American children are less receptive to classroom learning, compared to East Asian children. He said a different approach to parenting is a major factor.

Issues covered:
Education
Parenting

Length: 9:51

Date aired: 08/29/2021 Time Aired: 6:30 am

Gal Wettstein, PhD, Senior Research Economist at the Center for Retirement Research at Boston College

Dr. Wettstein co-authored a report entitled "*Are Older Workers Capable of Working Longer?*" He explained why recent worsening health trends raise the question of how long people will be able to work, and why it matters. He noted that gains in "working life expectancy" have slowed in the past 15 years. He said many black workers, as well as whites with less education, may not be capable of working to Social Security's full retirement age of 67.

Issues covered:
Retirement Planning
Poverty

Length: 7:49

Glenn N Levine, MD, Master Clinician and Professor of Medicine at Baylor College of Medicine, Chief of the cardiology section at the Michael E. DeBakey VA Medical Center, both in Houston

Dr. Levine was chair of the writing committee for a new American Heart Association Scientific Statement, entitled "*Psychological Health, Well-Being, and the Mind-Heart-Body Connection.*" He outlined the latest research that examines why and how psychological health can positively or negatively impact a person's physical health, and risk factors for heart disease and stroke.

Issues covered:
Mental Health
Personal Health

Length: 9:22

Date aired: 09/05/2021 Time Aired: 6:30 am

Rachael Stickland, Co-Founder and Co-Chair of the Parent Coalition for Student Privacy

Schools and third-party vendors collect and share an astonishing amount of personal data on nearly every student in America. Ms. Stickland explained why parents should be concerned and what they can do about it. She believes laws protecting student privacy need to be strengthened.

Issues covered:

Length: 8:56

Parenting
Privacy Concerns
Education

Vijay R. Varma, PhD, researcher and post-doctoral fellow at the National Institute on Aging, part of the National Institutes of Health

Dr. Varma recently co-authored a study that found an alarming decrease in physical activity in youngsters at every age. 19 year olds now get as much exercise and activity as 60 year olds. Dr. Varma explained why this is a major problem. He offered suggestions of ways to encourage both younger and older Americans to become more physically active.

Issues covered:

Length: 8:02

Physical Fitness
Personal Health
Aging

Date aired: 09/12/2021 Time Aired: 6:30 am

Susan Stark, PhD, Associate Professor of Occupational Therapy, of Neurology and of Social Work at Washington University School of Medicine in St Louis

Falls are the leading cause of injury, accidental death and premature placement in a nursing home among older adults in the United States. Dr. Stark shared the results of her study that suggested that in-home falls can be reduced by nearly 40% with a community-based program that helps older adults make modifications to their homes such as adding grab bars, shower seating and slip-resistant surfaces in the bathroom.

Issues covered:

Length: 8:23

Elder Care
Aging

Frank Pega, PhD, epidemiologist, health economist, Technical Officer in the Environment, Climate Change and Health Department at the World Health Organization in Geneva, Switzerland

Long working hours are killing 745,000 people a year, according to a new report from the World Health Organization. Dr. Pega was the lead author of the study, which found that working more than 55 hours a week is a health hazard that leads to stroke and heart disease. He said the pandemic may have accelerated this trend.

Issues covered:

Length: 8:55

Personal Health
Workplace Matters

Date aired: 09/19/2021 Time Aired: 6:30 am

Benjamin H. Barton, Helen and Charles Lockett Distinguished Professor of Law at the University of Tennessee, author of *"Rebooting Justice: More Technology, Fewer Lawyers, and the Future of Law"*

Professor Barton discussed what he sees are longstanding problems in our judicial system. He said that laws are too complex and legal advice is far more expensive than necessary. He outlined a series of reforms which he believes would make the courts much fairer and more accessible for poor and middle-class Americans.

Issues covered:

Legal Reform
Poverty

Length: 8:31

Steve Casner, PhD, research psychologist, NASA scientist, author of *"Careful: A User's Guide to Our Injury-Prone Minds"*

Dr. Casner has devoted his career to studying the psychology of safety. He said after a hundred years of steady decline, the rate at which people are being injured or killed in everyday accidents, such as car crashes, pedestrian fatalities, home-improvement projects gone wrong, medical mistakes and home fires, is increasing. He explained why few of us are as careful as we think we are, and what we can do about it.

Issues covered:

Accident Prevention
Personal Health

Length: 8:36

Date aired: 09/26/2021 Time Aired: 6:30 am

William Lastrapes, PhD, Professor of Economics, Bernard B. and Eugenia A. Ramsey Chair of Private Enterprise in the Terry College of Business at the University of Georgia

Professor Lastrapes led a study that suggests that eliminating \$20, \$50 and \$100 denominations of physical currency might benefit average US families. He explained that although cash is popular, transactions are largely untraceable by the government and are sometimes used to pay for under the table or illegal goods or services. He believes that less cash means less tax evasion and that the government could theoretically reduce other taxes.

Issues covered:

Government Policies
Economy

Length: 8:17

Nora Volkow, MD, Director of the National Institute on Drug Abuse, part of the National Institutes of Health

Marijuana use continued to rise among college students over the past five years, and remained at historically high levels even among same-aged peers who were not in college, according to survey results from the 2020 Monitoring the Future panel study. Dr. Volkow, who has led the National Institute on Drug Abuse since 2003, discussed the potential reasons for the trend. She added that the survey found that there was also a significant increase in the annual use of hallucinogens such as LSD, and a significant drop in current alcohol use among college students.

Issues covered:
Substance Abuse
Government Policies

Length: 9:01