

Quarterly Issues & Programs Report

WKML-FM/HD-1
Lumberton-Fayetteville, NC

3rd Quarter
July - August- September, 2018

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WKML-FM/HD-1

Issue/Program Summary

2018 - 3rd Quarter

July -August - September

Radio Station WKML-FM & HD-1 (95.7-FM) Fayetteville, NC identified these issues of concern in the community to be addressed from July through September, 2018.

Crime Prevention

City government

Law Enforcement

Mental Health

Health Care

History

Hunger

Education

Military Neighbors

Airport Security

Municipal Services

Drug use

Volunteerism

Working Poor

Leadership

FEMA Assistance

Tourism

Economy

These items were identified during on-going surveys and interviews conducted by the staff with community leaders.

Issues were addressed via - Daily Public Service Announcements

Daily Newscasts

Weekly Long-form Public Affairs Programs

Live Broadcasts from Community Events

Talkback with Danny Highsmith

Guests: Sgt. Shawn Strepay, Ken Winschel, Jr. & Sandra Everett-Autry, Fayetteville PD

Topic: Crime Prevention

Total time: 28:20

Airtime: Sunday, July 1, 2018 @ 6:00am

Discussion included:

...Crime prevention for:

...Residential homes?

...Businesses?

...Vehicles?

...Personal safety?

...What services are offered to the community pertaining to crime prevention?

...Do you offer assistance to Community Watch organizations?

...Do you make presentations to civic clubs, churches, etc.?

...What is National Night Out? When is it?

Issues discussed:

1. Crime prevention
2. Services of Fayetteville Police Department
3. Safety

Talkback with Danny Highsmith

Guest: Brad Whited, Fayetteville Airport Director

Topic: Need to obtain REAL ID and discussion of Airport Renovations

Total time: 29:03

Airdate: Sunday, July 8, 2018 @ 6:00am

Discussion included:

- ...How does one obtain a REAL ID?
- ...Why do we need it?
- ...Where do we obtain it and what kind of documents needed for REAL ID?
- ...Discuss the renovations that are underway at the airport.
- ...How long will these renovations take?
- ...What should the flying public know about the construction?
- ...How many commercial flights weekly at Fayetteville airport?
- ...How many carriers utilize our airport?
- ...Does your office oversee the private air terminal?
- ...What is the role of the Airport Commission?
- ...Re-visit REAL ID.

Issues discussed:

1. Security
2. Air travel
3. Renovations at the airport

Talkback with Danny Highsmith

Guest: Doug Hewett, City Manager, City of Fayetteville

Topic: City Government

Total time: 28:20

Airdate: Sunday, July 15, 2018 @ 6:00am

Discussion included:

...Discuss the Council-Manager form of municipal government.

...How did you choose this kind of work?

...You, I believe, are a native North Carolinian?

...How many departments in the City of Fayetteville?

...PWC is a city department, but it operates a little differently; can you discuss?

...What is different about the roles of the City of Fayetteville and the County Commissioners?

...How many City employees?

...Hurricane Matthew did a lot of damage to dams, bridges and roads. The repairs are not yet completed.

What has taken so long for these repairs to take place?

...A new stadium is under construction in downtown Fayetteville. How do you see this facility impacting Fayetteville?

...You have to prepare a City budget each year; what is the process you go through to come up with a budget?

...What, if anything, keeps you up at night or is your biggest headache as City Manager?

Issues discussed:

1. City Government
2. Municipal services

Talkback with Danny Highsmith

Guest: Fayetteville Police Chief Gina V. Hawkins

Topic: Fayetteville Police Department

Total time: 29:00

Air Date: Sunday, July 22, 2018 @ 6:00am

Discussion included:

...You have been here almost one year. What are your impressions of the Fayetteville community?

...What led you to become a Police officer?

...Any new initiatives since you began your leadership role at Fayetteville PD?

...How large is your department?

...Are there vacancies now?

...Training?

...How long?

...What is something that might keep you awake at night?

...Your biggest concern?

...Guns a major problem?

...In the wake of recent school shootings, there have been calls from some quarters for school teachers to carry guns. Your comments?

...Our company partnered with Cape Fear Valley Health to address the Opioid crisis back in January. Is our community making a difference dealing with this issue?

...What, if anything, can be done about Panhandlers in our City?

...Do you favor Community Watch Organizations?

Issues discussed:

1. Law enforcement
2. Education
3. Health

Talkback with Danny Highsmith

Guest: John Bigger, Corporate Director, Clinical Services, CFVHS

Topic: Opioids

Total time: 29:14

Air Date: Sunday, July 29, 2018 @ 6:00am

Discussion included:

...Follow-up to "Stop The Music" discussion on Opioids that occurred in late January.

...How do you define an Opioid?

...Does the word Opioid encompass different types of drugs?

...An Opioid can very well be a prescription that has been described by a physician?

...What are some ways that these drugs are obtained illegally?

...Several agencies (law enforcement, court system, medical community, psychological professionals, educators and more) have and continue to address this problem. How can we gauge if we are making progress with this problem?

...What is your role at CFVHS? Your folks work with patients?

...What causes people to become addicted to opioids?

...Abuse of opioids can be fatal?

...How do we approach a solution to this major problem?

Issues discussed:

1. Drug use
2. Mental health
3. Education
4. Dependency

Talkback with Danny Highsmith

Guest: Cynthia Spears, Development and Marketing, The CARE Clinic

Total time: 27:34

Air Date: Sunday, August 5, 2018 @ 6:00 am

Discussion included:

- ...Give us a history of the CARE Clinic.
- ...Who is eligible to use the services of the CARE Clinic?
- ...What kind of care is given?
- ...Are all medical professionals volunteers?
- ...How is the CARE Clinic funded?
- ...What are your major fundraisers?
- ...Do you need non-medical volunteers?
- ...How would a person volunteer?

Issues discussed:

1. Health care
2. Volunteerism
3. Working poor

Talkback with Danny Highsmith

Guests: Robert Van Goens, Fayetteville-Cumberland County Economic Development Corporation; Jordan Jones, Prince Charles Holdings; Kevin Arata, Director, Corporate Communications, City of Fayetteville

Topic: Downtown Baseball Stadium, surrounding building development and the economic development opportunities

Total time: 26:40

Airdate: Sunday, August 12, 2018 @ 6:00am

...Give us an update on stadium construction? (Arata)

...How is the parking garage, new hotel and the Prince Charles revamping going? (Jones)

...Baseball will take 70 dates, how else can the new stadium be used? (Arata)

...How do you see these projects impacting our economy? (Van Goens)

...For years there has been a push to re-vitalize downtown. How does this help with economic development (Van Goens)

...Discuss the surrounding businesses that will be in place once the stadium is complete.

...Jordan, why did you choose to do a re-vitalization project in Fayetteville?

...Robert, we talked some 18 months ago. How have you found Fayetteville/Cumberland County since our first interview?

Issues discussed:

1. Business opportunities
2. Economic Development
3. Downtown re-vitalization

Talkback with Danny Highsmith

Guests: Sgt. Shawn Strepay, Ken Winschel, Jr. & Sandra Everett-Autry, Fayetteville PD

Topic: Crime Prevention

Total time: 28:20

Air Date: Sunday, August 19, 2018 @ 6:00am

Discussion included:

...Crime prevention for:

...Residential homes?

...Businesses?

...Vehicles?

...Personal safety?

...What services are offered to the community pertaining to crime prevention?

...Do you offer assistance to Community Watch organizations?

...Do you make presentations to civic clubs, churches, etc.?

...What is National Night Out? When is it?

Issues discussed:

1. Crime prevention
2. Services of Fayetteville Police Department
3. Safety

Talkback with Danny Highsmith

Guest: Dr. Hank Parfitt, Chair, Lafayette Birthday Celebration

Topic: Lafayette Birthday Celebration

Total time: approximately 28:20

Sunday, August 26, 2018 @ 6:00am

Discussion included:

...Lafayette Birthday Celebration is coming again soon. How many years has this been going on in Fayetteville?

...When? Where? And, what can we expect with this year's celebration?

...How did you become interested in Lafayette?

...When Lafayette first came to America to assist with the war, he was only 19 years old; very young to be a Major General?

...Where and when did he learn the leadership skills that he possessed?

...Was he well-known in France?

...Tell us about the Lafayette Society and how does one join the organization?

...Was Fayetteville the first town in America to be named for Lafayette?

...Discuss in some detail the various activities that will take place the weekend of September 7 & 8.

1. History
2. Leadership

Talkback with Danny Highsmith

Guest: Brad Whited, Fayetteville Airport Director

Topic: Need to obtain REAL ID and discussion of Airport Renovations

Total time: 29:03

Air Date: Sunday, September 2, 2018 @ 6:00am

Discussion included:

...How does one obtain a REAL ID?

...Why do we need it?

...Where do we obtain it and what kind of documents needed for REAL ID?

...Discuss the renovations that are underway at the airport.

...How long will these renovations take?

...What should the flying public know about the construction?

...How many commercial flights weekly at Fayetteville airport?

...How many carriers utilize our airport?

...Does your office oversee the private air terminal?

...What is the role of the Airport Commission?

...Re-visit REAL ID.

Issues discussed:

1. Security
2. Air travel
3. Renovations at the airport

Talkback with Danny Highsmith

Guest: Ron Pringle, Food Bank Director, 2nd Harvest Food Bank of SE North Carolina

Topic: Food bank and hunger

Total time: 28:16

Air Date: Sunday, September 9, 2018 @ 6:00am

Discussion included:

- ...How many people are hungry in SE North Carolina?
- ...Tell us about the 2nd Harvest Food Bank?
- ...Where does the food come from?
- ...What kind of food?
- ...Do you send out food daily? Where?
- ...How much food do you receive and distribute per month?
- ...Discuss the current drive to raise one million pounds of food.
- ...Do you need volunteers?
- ...If listeners want to contribute, how do they do so?
- ...How much does it cost to transport a tractor trailer load of food?

Issues discussed:

1. Hunger
2. Volunteering
3. Transporting of food

September 16, 2018

Larry Smith talked with John Mills, Fema Director for 26 minutes.

Items discussed:

How to get assistance

Short-term and long-term assistance

How to apply for assistance

How flooding interacts between Fema and Home insurance

They stressed how important it is to take many pictures of your damage.

Larry talked to a member of the Robeson County Humane Society for 3 minutes. Explaining that dogs found during the storm will be kept and cared for giving owners time to claim their animals after the storm.

Talkback with Danny Highsmith

Guest: Detective Timothy Huggins, Fayetteville Police Department

Total time: 27:11

Air Date: Sunday, September 23, 2018 @ 6:00am

Topic: "Bullying"

Discussion included:

- ...The fact that you are on this program tells me that "Bullying" is, indeed, a problem in our community.
- ...Knowing the Police Department is involved, indicates to me it is a significant problem?
- ...How do you define "Bullying?"
- ...Is this just a problem with children?
- ...How does "Bullying" occur?
- ...The Smart Phone seems to be a large part of this problem?
- ...Different kinds of "Bullying?"
- ...What are some things happening now to attempt to alleviate this problem?
- ...Who can help?
 - ...Parents?
 - ...Church groups?
 - ...School organizations?
- ...Does "Bullying" adversely impact students and their ability to learn?
- ...How about school attendance?
- ...At what point does "Bullying" break the law?
- ...Anything our community can do to help?
- ...Where can a parent go to receive help if their child is being "Bullied?"
- ...Do you feel there is progress being made with "Bullying?"

Issues discussed:

1. Crime
2. Mental Health
3. Education
4. Youth

Talkback with Danny Highsmith

Guest: John Meroski, President & CEO, Fayetteville Area Convention and Visitors Bureau

Total time: 27+ minutes (forgot to start stopwatch until a couple of minutes into program)

Air Date: Sunday, September 30, 2018 @ 6:00am

Topic: Travel, tourism, conventions, etc. in Cumberland County

...What is the mission of your organization?

...From where does funding to operate organization come?

...How has Hurricane Florence affected you?

...How do you connect with proposed conventions?

...How about the impact Ft. Bragg has on your agency?

...How many visitors come to Fayetteville area every year?

...What do you tell visitors that they just MUST SEE when visiting our city?

...Anything big on the horizon? When is Heroes Homecoming?

Issues discussed:

1. Travel
2. Tourism
3. Economy
4. Military neighbors



Call Letters: WKML-FM/HD-1

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2018

July 1, 2018 @ 6:30am

Barry Schwartz, PhD, Professor of Psychology at Swarthmore College, author of "*Why We Work*"

Dr. Schwartz discussed his research that examined why Americans work. He said the reasons are surprising and complex, but that the need for a paycheck is not the primary factor. He discussed the most common trends and patterns that lead to happiness in the workplace, and how employers can try to improve productivity and employee satisfaction.

Issues covered:
Workplace Matters
Mental Health

Length: 9:27

William MacAskill, PhD, Associate Professor in Philosophy at Oxford University, cofounder of the nonprofit organizations Giving What We Can and 80,000 Hours, author of "*Doing Good Better: How Effective Altruism Can Help You Make a Difference*"

Dr. MacAskill said Americans often base their decisions on where to donate money and what career to pursue on emotions and false assumptions. He outlined five key questions that may help consumers make wiser altruistic decisions. He explained how to use evidence and careful reasoning to chart the best course to help others.

Issues covered:
Charitable Giving
Consumer Matters
Career

Length: 7:58

July 8, 2018 @ 6:30am

Alvin E. Roth, PhD, Craig and Susan McCaw Professor of Economics at Stanford University, Gund Professor of Economics and Business Administration Emeritus at Harvard University, author of "*Who Gets What — and Why: The New Economics of Matchmaking and Market Design*"

Dr. Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.

Issues covered:
Economics
Career
Education

Length: 9:17

Joel Kahn, MD, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC, author of "*The Whole Heart Solution*"

According to Dr. Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease and he said changes in diet and exercise can often reverse the disease.

Issues covered:
Personal Health

Length: 8:01

July 15, 2018 @ 6:30am

Elizabeth Wallace, co-author of "*The Ambition Decisions: What Women Know About Work, Family, and the Path to Building a Life*"

Over the last sixty years, women's roles at home and on the job have radically changed, and the question of whether they can really "have it all" is still debated. Ms. Wallace outlined three distinct paths where a woman's life and career choices may lead. She talked about the importance of the support of husbands when ambitious women move into high-level corporate positions. She offered advice for women who are facing today's complex career choices.

Issues covered:
Women's Concerns
Career
Marriage

Length: 9:22

Thomas Lickona, PhD, Developmental Psychologist, Professor of Education Emeritus at the State University of New York at Cortland, author of "*How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain*"

Dr. Lickona has led the character education movement in schools for forty years. He outlined the tools that parents need to foster peace and cooperation at home. He explained how changes in our culture have made it harder than ever to raise kind kids. He offered suggestions for parents to deal with technology and the use of media by kids.

Issues covered:
Parenting
Children's Issues

Length: 7:52

Irwin Reyes, Researcher in the Usable Security and Privacy Group at the International Computer Science Institute, a laboratory affiliated with the University of California at Berkeley

Mr. Reyes led a study that found that more than 3300 Android apps from the Google Play Store are improperly tracking kids and are potentially violating federal law. He outlined the types of data that is being collected and what is being done with it. He believes similar results are likely with iPhones, but Apple's closed system prevents a similar study of its users. He offered advice to parents who are concerned about their children's privacy.

Issues covered:
Privacy
Children's Issues
Parenting

Length: 4:56

July 22, 2018 @ 6:30am

Stephen Kohn, attorney, Executive Director of the National Whistleblower Center, author of "*The Whistleblower's Handbook: A Step-By-Step Guide To Doing What's Right And Protecting Yourself*"

Every year, criminals and fraudsters rip off the federal government by committing tax fraud—stealing billions of taxpayer dollars in the process. However, it's becoming much more difficult to do so, thanks to a massive increase in whistleblower disclosures. Mr. Kohn discussed recent changes in laws that have made it much easier to report wrongdoing. He also explained what steps to take to weigh the plusses and minuses of blowing the whistle.

Issues covered:

**Whistleblowing
Crime
Government Regulations**

Length: 8:53

Mary Norris, longtime copy editor at "The New Yorker," author of "*Between You & Me: Confessions of a Comma Queen*"

Ms. Norris discussed the most common mistakes in spelling, punctuation and word usage, and why it is so important. She explained how new technologies and changes in our nation's education system have made proper grammar less "cool."

Issues covered:

**Education
Career**

Length: 8:21

Kevin Fiscella, MD, MPH, Associate Professor of Family Medicine and Community & Preventive Medicine at the University of Rochester School of Medicine & Dentistry

Dr. Fiscella discussed his groundbreaking research that found that the lives of nearly 8,000 black Americans could be saved each year if doctors could figure out a way to bring their average blood pressure down to the average level of whites. He talked about the reasons behind the gap between the races in controlling blood pressure, and the possible ways to reduce that gap.

Issues covered:

**Personal Health
Minority Concerns**

Length: 4:54

July 29, 2018 @ 6:30am

Maria Konnikova, journalist, psychologist, author of "*The Confidence Game: Why We Fall for It . . . Every Time*"

Ms. Konnikova explained how the world's most talented con men can so easily use persuasion and exploit trust to swindle even the most cautious consumers. She said human beings are hardwired to believe, no matter how educated they are about scams and ripoffs. She talked about the most common methods used by crooks to lure their victims in.

Issues covered:
Crime
Consumer Matters

Length: 9:04

Elizabeth Levy Paluck, PhD, Associate Professor of Psychology and Public Affairs at the Woodrow Wilson School of Public and International Affairs at Princeton University

Curbing bullying has long been a focal point for parents and schools, but Dr. Levy Paluck found that the answer may not lie within rules set by adults. Her team of researchers from Princeton, Rutgers and Yale found that students themselves, particularly those most connected to their peers, were able to reduce and resolve conflicts 30% more effectively than traditional methods used by adults.

Issues covered:
Bullying
Youth at Risk

Length: 7:51

Alex Hutchinson, PhD, contributing editor at Popular Mechanics magazine, author of "*Big Ideas: 100 Modern Inventions That Transformed Our World*"

Mr. Hutchinson consulted 25 experts at 17 museums and universities to determine the 100 greatest inventions of the modern era. He talked about the long-term trends of scientific research and government's role in it.

Issues covered:
Science
Government Spending

Length: 5:02

August 5, 2018 @ 6:30am

Sarah J. Clark, M.P.H., Associate Research Scientist, Department of Pediatrics at the University of Michigan's C.S. Mott Children's Hospital

Ms. Clark co-authored a poll that found that 62 percent of parents report difficulties finding childcare facilities that meet their health and safety standards. The poll also found that only half of parents considered themselves "very confident" at discerning which childcare options were truly safe and healthy. She outlined the most important questions that parents should ask when evaluating childcare providers. She said 82% of parents would be in favor of a national standard for health and safety for childcare centers and in-home childcare providers.

Issues covered:
Child Safety
Parenting

Length: 9:27

Benjamin H. Schnapp, MD, Assistant Professor, Assistant Emergency Medicine Residency Program Director in the University of Wisconsin School of Medicine and Public Health

Medical errors cause roughly 250,000 deaths per year in the U.S. Dr. Schnapp co-authored a study that examined errors in Emergency Rooms. He found that, even in chaotic ERs, doctors typically have the right medical information but might not act on it in the best way. He talked about the patterns he found in patients who are most vulnerable to errors. He offered suggestions for patients who want to prevent errors when they visit an ER.

Issues covered:
Medical Errors
Emergency Care

Length: 7:44

Jill Gonzalez, contributing editor at Popular Mechanics magazine, author of "*Big Ideas: 100 Modern Inventions That Transformed Our World*"

Ms. Gonzalez discussed her report that examined today's at-risk youth. She said about one in nine young Americans today is neither working nor in school, exposing them to greater risk of poverty, violence, drug abuse and homelessness. She explained how these risk factors follow young people into adulthood. She discussed the importance of education and social services.

Issues covered:

Youth at Risk

Violence

Poverty

Length: 4:50

August 12, 2018 @ 6:30am

Catherine Hodder, estate planning attorney, author of "*Estate Planning for the Sandwich Generation: How to Help Your Parents and Protect Your Kids*"

Ms. Hodder explained the importance of estate planning for those who are caring for both kids and aging parents. She outlined the critical documents that everyone should have in addition to a basic will. She also talked about the importance of communication with aging parents, and the usefulness of an emergency binder that organizes important documents in one place.

Issues covered:

Estate Planning

Senior Citizens

Parenting

Length: 8:22

Caitlin Cavanagh, Assistant Professor in the School of Criminal Justice at Michigan State University

Prof. Cavanagh led a study at Michigan State that found that mothers don't lose hope to see their sons graduate from high school, get married, find a good job and so on— even if they are arrested as a minor. Her findings were consistent, even for higher income families.

Issues covered:

Juvenile Crime

Parenting

Length: 8:54

Noreen Springstead, Executive Director of WhyHunger, a non-profit organization that focuses on grassroots solutions to end hunger and poverty

Ms. Springstead discussed the current scope of the hunger problem in the U.S. She explained why, even in a booming economy, the issue of hunger and food insecurity rarely changes. She outlined how people can get assistance if they are in need, and how volunteers can get involved in their local communities.

Issues covered:

Hunger

Poverty

Government Programs

Volunteerism

Length: 4:58

August 19, 2018 @ 6:30am

Bacall Hincks, Family Advocate and Program Coordinator at Children's Service Society of Utah

More than one million American children now live with grandparents, primarily because of their parent's addiction to opioids and other drugs. Ms. Hincks said this growing trend is causing grandparents to put off retirement and plow through savings to rescue their grandchildren from dangerous situations. She discussed how these difficult experiences can negatively affect children's mental and physical health.

Issues covered:

Length: 9:17

Parenting
Substance Abuse
Foster Care
Retirement

Maryanne Wolf, PhD, Professor of Child Development and Director of the Center for Reading and Language Research at Tufts University, author of *Reader, Come Home: The Reading Brain in a Digital World*

Prof. Wolf discussed the latest research into the human brain as we become increasingly dependent on digital technologies, rather than the printed word. She expressed concerns for both children's and adults' ability to "deep read," as the brain is literally rewired by huge amounts of short bursts of information. She offered suggestions for how the nation's education system needs to adapt.

Issues covered:

Length: 8:04

Literacy
Education
Technology

David Michael Slater, teacher, author of *We're Doing It Wrong: 25 Ideas in Education That Just Don't Work—And How to Fix Them*

Mr. Slater explained why he believes that many current approaches in education simply aren't working—for students, for teachers, and for society at-large. He explained how teacher evaluations could be improved and why anti-bullying programs in schools don't work.

Issues covered:

Length: 4:50

Education

August 26, 2018 @ 6:30am

Diane Mullins, founder of Deborah's Voice, a national non-profit women's advocacy organization

Pastor Mullins said that child trafficking has become the 2nd largest criminal activity in the world behind illegal drug sales. She said most Americans are unaware of the existence of human trafficking and forced prostitution in their own towns, but it is surprisingly prevalent – not just on dimly lit street corners, but at music concerts, VIP dinners, and sporting events. She talked about techniques used by human traffickers to select their victims.

Issues covered:

Length: 7:26

Human Trafficking
Women's Issues
Crime

Dawn Graham, PhD, psychologist, employment and career expert, Director of Career Management for the Executive MBA Program at The Wharton School, author of *"Switchers: How Smart Professionals Change Careers – and Seize Success"*

Dr. Graham offered job search advice, particularly for those in middle age who are considering career changes. She said a job search in a new field or occupation requires much more work than a typical job search. She offered suggestions on how to tailor a resume to sidestep age biases and other potential hurdles.

Issues covered:

Career
Aging

Length: 9:45

Susie Vanderlip, teen counselor, author of *"52 Ways to Protect Your Teen"*

Ms. Vanderlip has conducted school assemblies for more than 1 million teens and adults, aimed at helping youth make wise choices and seek help. She talked about the motivations of today's teenagers and why parents may be fearful of their kids. She offered tips to improve communication in a parent/teen relationship.

Issues covered:

Youth at Risk
Parenting Issues
Drug Abuse

Length: 4:54

September 2, 2018 @ 6:30am

Susan B. Roberts, Ph.D., Director of the Energy Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston

Most people think of fast food when they imagine the unhealthy effects of eating out. Dr. Roberts led a study that found that 92 percent of meals from both large-chain and non-chain local restaurants exceeded recommended calorie requirements for a single meal. She explained how to keep tabs on restaurant portion sizes and calorie information. She proposed local legislation to require restaurants to offer partial portions at partial prices.

Issues covered:

Nutrition
Personal Health
Consumer Matters
Government Regulations

Length: 8:31

Marc Goodman, law enforcement and counterterrorism expert, author of *"Future Crimes: Inside the Digital Underground and the Battle for Our Connected World"*

Technology has improved our lives immeasurably, but Mr. Goodman said that a new tidal wave of tech advancements—from implantable medical devices to drones to WiFi thermostats—are all susceptible to hacking, with disastrous consequences. He explained some of the greatest concerns for the average consumer and how to attempt to keep devices secure.

Issues covered:

Crime
Online Security

Length: 8:45

Sissy Lappin, veteran real estate agent, author of "*Simple and Sold: Sell Your House Fast and Keep the Commission*"

Selling a house can be expensive. Ms. Lappin said that sales commissions typically devour 40-60% of a home seller's equity. However, she believes that the Internet has made it far easier for a property owner to take control of their own home-selling process and save money. She outlined the basic steps and common pitfalls.

Issues covered:
Consumer Matters
Personal Finance

Length: 4:57

September 9, 2018 @ 6:30am

Justin Lee, social activist, author of "*Talking Across the Divide: How to Communicate with People You Disagree with and Maybe Even Change the World*"

America is more polarized than ever. Mr. Lee talked about his years of experience in trying to bridge the gap between the homosexual community and the Christian church. He explained how to communicate with people who have opinions that are diametrically opposed from your own, how to empathize with them, and how to possibly change their minds. He outlined five key barriers that make people resist differing opinions.

Issues covered:
Political Incivility
Citizenship
Religion
LGBT Issues

Length: 7:54

Beth Macy, journalist, author of "*Dopesick: Dealers, Doctors, and the Drug Company that Addicted America*"

Ms. Macy discussed her investigation into the origins of America's twenty-plus year struggle with opioid addiction and how this national crisis has become so firmly entrenched. She talked about the most promising methods of treatment for opioid addiction and why some are considered controversial. She also outlined several grassroots efforts to fight the epidemic.

Issues covered:
Drug Addiction
Crime
Government Policies

Length: 9:22

Timothy J. Mohin, environmental advocate, Director of Corporate Responsibility at Advanced Micro Devices, author of "*Changing Business from the Inside Out: A Treehuggers Guide to Working in Corporations*"

American corporations are gradually becoming more socially responsible. Mr. Mohin outlined the reasons behind this trend, and explained how "treehuggers" working inside the system can lead the effort. He said young professionals now view "having an impact" as a much more important career goal than many other more traditional priorities.

Issues covered:
Environment
Workplace Matters

Length: 5:01

September 16, 2018 @ 6:30am

Did Not Run Due to Storm

Chris Bailey, productivity expert, author of "Hyperfocus: How to Be More Productive in a World of Distraction"

Mr. Bailey said that the human brain has two powerful modes that can be unlocked when we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly, and work and live more deliberately every day. He explained how to minimize distractions that can cause problems at work and in personal relationships.

Issues covered:
Workplace Matters
Career

Length: 8:31

Janet Murnaghan, journalist, author of "Saving Sarah: One Mother's Battle Against the Health Care System to Save Her Daughter's Life"

Ms. Murnaghan's young daughter desperately needed a set of donor lungs. A set of lungs was available and there was nothing standing in the way medically, but a federal policy barred children under the age of 12 from receiving adult lungs. Ms. Murnaghan talked about her quest to save Sarah and other kids in similar situations. After a court fight and through the use of social media, she eventually convinced the government to change organ donation rules permanently.

Issues covered:
Organ Donation
Government Regulation

Length: 8:44

KJ Dell'Antonia, editor of the Motherlode blog in the New York Times from 2011 until 2016, author of "How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute"

Ms. Dell'Antonia said that in her research and writing about family life over the years, one topic keeps coming up again and again: parents crave a greater sense of happiness in their daily lives. She discussed the most common problem areas that cause parents the most grief, and suggested steps parents can take to make them better.

Issues covered:
Parenting

Length: 5:12

September 23, 2018 @ 6:30am

Alex M. Susskind, PhD, Associate Professor at the School of Hotel Administration at Cornell University

Prof. Susskind co-authored a study that found that diners at full service restaurants whose menus listed calories ordered fewer calories in their appetizer and entree courses. He said even the chefs at the restaurants in the study were startled by the high number of calories in some dishes. He said the study highlights the critical importance of information for consumers to make wise decisions.

Issues covered:
Nutrition
Government Regulation
Consumer Matters

Length: 7:39

Patricia Hunt, PhD, Meyer Distinguished Professor in the School of Molecular Biosciences at Washington State University

Prof. Hunt is the geneticist who discovered the dangers of the endocrine disrupting chemical bisphenol A (BPA) in plastic products twenty years ago. Her latest study examined the effects of several BPA alternatives. She found that that these replacements impact reproduction in mice in much the same way as BPA. She offered advice to consumers on how to avoid products that may contain these hormone-disrupting compounds.

Issues covered:

Personal Health
Government Regulation
Consumer Matters

Length: 9:33

Liz Weston, Certified Financial Planner, personal finance columnist at Nerdwallet.com

In the year since the Equifax security breach, which exposed the personal information of hundreds of millions of Americans, only 10 percent of consumers reported placing a freeze on their credit, according to a survey by NerdWallet and the Harris Poll. Ms. Weston said, effective Sept. 21, consumers can freeze and unfreeze their credit files for free at all credit reporting agencies. She explained why it is particularly important for parents to freeze the credit of children under the age of 16.

Issues covered:

Identity Theft
Personal Finance
Crime Prevention

Length: 4:58

September 30, 2018 @ 6:30am

Hilarie Gamm, tech industry expert, author of "*Billions Lost: The American Tech Crisis and the Road Map to Change*"

Ms. Gamm explained why parents, educators, and employers urgently need to understand today's generation of teens and young adults. She talked about the revolutionary effect that technological advances have had on education and the development of the human mind. She said every American needs to have a basic understanding of current technology because of the wide ranging ramifications these changes have on legislation, regulation and privacy.

Issues covered:

Education
Career
Parenting

Length: 8:48

Kelsey Graham, PhD, pollinator conservation specialist at Michigan State University

Dr. Graham explained the importance of bees to the nation's food supply. She also discussed the role that pesticides and climate change may be having on bee populations in North America. She outlined simple steps that people can take to increase bee populations in their communities.

Issues covered:

Agriculture
Environment

Length: 8:27

Kristin Rosenthal, pedestrian and bike safety expert from Safe Kids Worldwide

About every five days, a child in the U.S. dies from a train collision. Ms. Rosenthal said young people, particularly teenagers, do not understand how dangerous railroad tracks and crossings are. She offered advice to parents to teach their kids to not walk or take selfies on railroad tracks, to not walk with earbuds in, and to never try to beat a train at a railroad crossing.

Issues covered:

Child Safety

Traffic Safety

Length: 4:52