

Quarterly Issues & Programs Report

WKML-FM/HD-1

Lumberton-Fayetteville, NC

2nd Quarter

April - May- June, 2018

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WKML-FM/HD-1

Issue/Program Summary

2018 - 2nd Quarter

April - May - June

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

Agriculture

Autism

NC 811/Safe Digging

82nd Airborne/All American Week

Drug Use

Hunger

Crime

Law Enforcement

Education

Leadership

Health

Volunteerism

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

Guest: Lisa Childers, County Extension Director, Agricultural Extension Service of Cumberland County

Total time: 29:00

Air Date: Sunday, April 1, 2018 @ 6:00am

Topic: Agricultural Extension Service

Discussion included:

...How long have you been in Agricultural Extension work?

...How did you become interested in this field?

...In what ways do you work with the farming community?

...Your office does many things that the public is not aware; what are some of those things?

...4-H Clubs...what do they do?

...Master Gardener program?

...Soil testing?

...What kind of work do you do with the County Fair?

...What are some other things that the public would not be aware that you do?

Issues discussed:

1. Agriculture
2. Education
3. Community service

Talkback with Danny Highsmith

Guest: Detective Timothy Huggins, Fayetteville Police Department

Total time: 27:11

Air Date: Sunday April 8, 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

Guests: Steve King and Amy Perry, Autism Society of North Carolina

Topic: Autism

Total time: 28:44

Air Date: Sunday, April 15, 2018 @ 6:00am

Discussion included:

- ...Tell us about Autism Society of NC.
- ...What is Autism?
- ...Is Autism more prevalent today than it was 20 years ago?
- ...Causes?
- ...Research? Who does it?
- ...Your role?
- ...Treatments available to Autistic children?
- ...Educational opportunities?
- ...Does Autism affect more boys or girls?
- ...How about geography? Are certain parts of the Country more affected?
- ...How do you reach out to families dealing with Autism?

Issues discussed:

1. Autism
2. Education
3. Treatment
4. Information

Talkback with Danny Highsmith

Guest: Fayetteville Police Chief Gina V. Hawkins

Topic: Fayetteville Police Department

Total time: 29:00

Air Date: Sunday, April 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: Lewis Panzer, Executive Director, North Carolina 811

Topic: Call before you dig

Total time: 26:35

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

Discussion included:

...North Carolina Association of Broadcasters has been working with NC 811 for a number of years to promote safe digging.

...Tell us about North Carolina 811.

...What happens when a resident call 811?

...How long before the planned digging should a resident reach out to 811?

...How many calls do you normally receive a year?

...The call is toll free?

...How large is your staff?

...Describe the different color markings that utilities use to describe gas, water, sewer, etc.

...How much damage is done as a result of person NOT CALLING before digging?

Issues discussed:

1. Safety
2. Damage control

Talkback with Danny Highsmith

Guest: Dr. Ben Hancock, President, Methodist University

Topic: MU and the Fayetteville community

Total time: 28:33

Air Date: Sunday, May 6, 2018 @ 6:00am

Discussion included:

...Let's talk about your past 7+ years at MU.

...One of the first things you did was implement a Strategic Plan. Why?

...Talk about some of the new programs begun under your watch.

...Physical Therapy?

...Occupational Therapy?

...Engineering?

...Nursing program?

...And, other programs that you inherited.

...Golf Management?

...PA program?

...Buildings that are new or under construction?

...What do you see as the future for Methodist University?

...When you think back over the past 7 years, what stands out?

Issues discussed:

1. Education
2. Community
3. People

Talkback with Danny Highsmith

Guests: LTC Joe Buccino; M/Sgt. Jose Colon, 82nd ABN Division

Topic: All American Week

Total time: 26:25

Air Date: Sunday, May 13, 2018 @ 6:00am

Discussion included:

...History of 82nd?

...How many soldiers in 82nd?

...All American Week upcoming. Tell us about the activities of that week?

...Why do you have an All American Week?

...Public invited? How does public get onto Ft. Bragg?

...Division Run?

...Jump tower for non-soldiers to experience?

...Awards will be given to Trooper of the Year, Jumpmaster of the Year and other awards?

...Expecting many guests?

Issues discussed:

1. Military
2. Physical fitness
3. Entertainment

Talkback with Danny Highsmith

Guest: Dr. Drew Ziegler, Director, Tally Leadership Center, Methodist University

Topic: General Shelton Leadership Challenge

Total time: 27:32

Air Date: Sunday, May 20, 2018 @ 6:00am

Discussion included:

- ...What is the Tally Leadership Center at Methodist University?
- ...Tell us about the upcoming General Shelton Leadership Challenge.
- ...Is this the same General Shelton who commanded Ft. Bragg a number of years ago?
- ...Why is Methodist University involved in this?
- ...Where will the General Shelton Leadership Challenge take place?
- ...Dates of this year's camp?
- ...Who can participate? What is the criteria for being accepted into this camp?
- ...Is there a limit of participants?
- ...Specifically, what kind of activities will the campers do each day?
- ...What can the camper expect from this experience?
- ...In what ways does this camp differ from other camping experiences?
- ...What kind of feedback do you get from parents of the campers?
- ...What is the cost?
- ...How does an interested camper register or find out more?

Issues discussed:

1. Leadership
2. Honesty
3. Integrity
4. Compassion
5. Diversity
6. Social responsibility

Talkback with Danny Highsmith

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

Topic: Opioids

Total time: 29:14

Air Date: Sunday, May 27, 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: Susan Dover, Reproductive Health Educator, CC Department of Public Health

Total time: 25:06

Air Date: Sunday, June 3, 2018 @ 6:00am

Discussion included:

- ...Tell us what your job at CC Department of Public Health entails.
- ...Since your job deals a lot with Teen Pregnancy, there must still be a problem with this issue?
- ...May was Teen Pregnancy month. Any special activities take place last month?
- ...Describe the T-Shirt Contest.
- ...Education is probably a key. Do you work with the Cumberland County Schools?
- ...Tell us about the Teen Clinic and the Teen Wellness Center.
- ...What, if anything, can parents of teens do to assist?
- ...What can elected officials on both the State and Local levels do to help?

Issues discussed:

1. Teen pregnancy
2. Education
3. Health

Talkback with Danny Highsmith

Guest: Beth Maynard, Executive Director, Child Nutrition Services, Cumberland County Schools

Topic: Summer Feeding Program

Total time: 27:52

Air Date: Sunday, June 10, 2018 @ 6:00am

Discussion included:

- ...What is the Summer Feeding Program?
- ...How many feeding locations?
- ...Who is eligible?
- ...Is there a registration procedure?
- ...Who supplies the funds for this program?
- ...How many meals were served with last year's Summer Feeding Program?
- ...What kind of meals can the children expect?
- ...Who prepares the meals?
- ...How do parents know which location they should attend?
- ...When is your kick-off for the program?
- ...Tell us about your role with the Cumberland County Schools outside the Summer Feeding Program.
- ...How many people does it take to staff all of the lunchrooms in the school system?

Issues discussed:

1. Hunger
2. Education

Talkback with Danny Highsmith

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

Total time: 27:34

Air Date: Sunday, June 17, 2018 @ 6:00am

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

Guest: Phil Harris, Jr., Ex. Director, Sandhills Chapter, American Red Cross

Total time: 27:56

Air Date: Sunday, June 24, 2018 @ 6:00am

Discussion included:

- ...Hurricane season has begun. What should we do to prepare for a hurricane?
- ...Being prepared is not just for people living on the coast?
- ...In our area, is water normally more destructive than the wind?
- ...Do you work with cities, counties, schools, etc. in assisting them to prepare?
- ...Other functions of the American Red Cross?
 - ...Volunteers are the backbone of the American Red Cross, are they not?
 - ...What are some of the jobs volunteers do?
 - ...How many volunteers in your area of responsibility?
 - ...How many paid employees?
 - ...Assistance to families whose homes have been destroyed by fire?
 - ...Talk about your very large blood donor program.
 - ...How about your educational classes?
 - ...The American Red Cross has always worked closely with our military. What is your role?

Issues discussed:

1. Disaster preparation and relief
2. Volunteerism
3. Education classes for CPR, swimming, etc.



WKML-FM/HD-1

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2018

Apr. 1, 2018 @ 6:30am

John R. Baker, PhD, Professor of Political Science at Wittenberg University, author of *"Government in the Twilight Zone: Volunteers to Small-City Boards and Commissions"*

97 percent of all American cities have a population fewer than 50,000 and Dr. Baker studies the workings of these smaller local governments. He discussed how local board systems operate, who the board members are and what motivates them to serve. He explained why it is important for citizens to understand how government functions, even in small towns.

Issues covered:

Length: 6:54

Citizenship

Government Policies

Lennard J. Davis, PhD, Professor in the English Department in the School of Arts and Sciences at the University of Illinois at Chicago, Professor of Disability and Human Development in the School of Applied Health Sciences of the University of Illinois at Chicago, Professor of Medical Education in the College of Medicine, author of *"Enabling Acts: The Hidden Story of How the Americans with Disabilities Act Gave the Largest US Minority Its Rights"*

Disabled Americans are the largest minority group in the country. Dr. Davis believes the Americans with Disabilities Act (ADA) is the widest-ranging and most comprehensive piece of civil rights legislation in history. He explained the unusual path the law took to passage, some of the challenges in implementing it and the enormous impact of the ADA, 25 years after its adoption. He also outlined several potential reforms which he believes could improve it.

Issues covered:

Length: 10:21

Disabilities

Civil Rights

Government Policies

APR. 8, 2018 @ 6:30am

Mark J. Perry, Ph.D., Scholar at The American Enterprise Institute, Professor of Finance and Business Economics in the School of Management at the University of Michigan-Flint, creator and editor of the popular economics blog *Carpe Diem*

Dr. Perry discussed a recent report from S&P Dow Jones that noted that in the past 15 years, only 5% of actively managed mutual funds performed better than index funds. He said index funds have become much more popular in recent years. He explained why nearly half of investors still gravitate to managed funds.

Issues covered:
Personal Finance
Retirement Planning

Length: 7:58

Ned Johnson, education expert, founder of PrepMatters, a tutoring service in Washington, DC, co-author of *"The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives"*

In the past few years, Mr. Johnson and his co-author found that high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. He believes the best antidote to stress is to give kids a greater sense of control over their lives, while still maintaining authority as parents. He discussed several ways that parents can give children of all ages a healthy dose of self determination and control.

Issues covered:
Parenting
Mental Health
Education

Length: 9:12

APR. 15, 2018 @ 6:30am

Angela C. Santomero, M.A., co-creator of the educational children's TV program *"Blue's Clues,"* author of *"Preschool Clues: Raising Smart, Inspired, and Engaged Kids in a Screen-Filled World"*

Ms. Santomero explained why healthy, research-based television programs and other media actually help preschoolers flourish academically, socially, and emotionally. She outlined the ways that parents can evaluate and monitor their child's exposure to a rapidly expanding array of media choices.

Issues covered:
Parenting
Education
Media

Length: 8:05

Jason Fung, MD, weight loss and diabetes expert, author of *"The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally"*

Nearly ten percent of all Americans have some form of diabetes. Dr. Fung talked about the causes behind this epidemic and the wide array of dangerous conditions it spurs. He also explained how dietary changes and weight loss can often eliminate the disease.

Issues covered:
Diabetes
Nutrition

Length: 9:01

APR. 22, 2018 @ 6:30AM

Sally Helgesen, women's leadership consultant and speaker, author of *"How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job"*

Ms. Helgesen believes that women face specific and different roadblocks from men as they seek to advance in the workplace. She discussed the most common errors made by women, and what they can do to get proper credit for their achievements at work. She also discussed how the #MeToo movement has affected job opportunities for women.

Issues covered:
Women's Issues
Career
Sexual Harassment

Length: 8:43

Sara Goldrick-Rab, PhD, Professor of Higher Education Policy and Sociology at Temple University

Prof. Goldrick-Rab was the lead author of study that found that 36 percent of students at 66 surveyed colleges and universities do not get enough to eat, and a similar number lack a secure place to live. She said skyrocketing college tuition and other fees, inadequate aid packages and growing enrollment among low-income students are some of the factors. She outlined several policy changes that could help.

Issues covered:
Poverty
Homelessness
Education

Length: 8:19

APR. 29, 2018 @ 6:30am

Cary Funk, Associate Director of Research at Pew Research Center

A survey by the Pew Research Center found that Americans' grasp of common science topics could be better. She outlined the results of the survey, including differences between genders, ages and education levels. She explained why a basic understanding of scientific principles is important for Americans to understand many of today's civic issues.

Issues covered:
Education
Science
Citizenship

Length: 7:07

Julie Lythcott-Haims, former Dean of Freshmen and Undergraduate Advising at Stanford University, author of *"How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success"*

Ms. Lythcott-Haims believes that overparenting is out of control in America, and that it harms children, their stressed-out parents, and society at large. She explained how parents can allow children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

Issues covered:
Parenting

Length: 10:11

MAY 6, 2018 @ 6:30am

Philip Pauli, Policy and Practice Director of RespectAbility, a nonprofit organization dedicated to empowerment and self-advocacy for individuals with disabilities

Mr. Pauli said nearly 1 in 5 Americans live with some form of disability. He discussed some of the challenges they face, and explained how the Americans with Disabilities Act has improved many

aspects of their lives. He also talked about the role that the media plays in perceptions of the disabled, and how technology improvements have improved mobility for many disabled people.

Issues covered:

Disabilities

Government Regulation

Length: 7:42

Natasha Ravinand, author of "*Girls With Dreams: Inspiring Girls to Code and Create in the New Generation*"

Only 29% of all science and engineering workers are female, and far fewer are minorities. Natasha Ravinand is a high school junior with a passion for STEM (Science, Technology, Engineering, and Math), who is striving to close the gender gap in tech. She talked about the reasons that girls lose interest in STEM subjects, and why the inclusion of women and minorities in technical workplaces is so important.

Issues covered:

Women's Issues

Minority Concerns

Education/STEM

Length: 9:23

MAY 13, 2018 @ 6:30am

Marc Morial, President of the National Urban League

Mr. Morial discussed the contents of the Urban League's 2018 State of Black America report. He said African-Americans are among the top owners of mobile devices, but aren't being fairly considered for jobs at social media and technology companies. He also talked about improving unemployment rates and growing civic engagement among African-Americans.

Issues covered:

Minority Concerns

Workplace Diversity

Civic Engagement

Length: 8:32

Stanford Chihuri, MPH, Biostatistician/Data Analyst, Epidemiologist at Columbia University College of Physicians and Surgeons

Mr. Chihuri was the co-author of a study that found evidence of prescription opioids in fatal car crashes in the United States has increased 700% in the past two decades. He said women drivers and those over age 65 were more likely to be involved in opioid-related fatal crashes. The study also found significant numbers of drivers under the influence of opioids also had alcohol and other drugs in their systems.

Issues covered:

Substance Abuse

Traffic Safety

Length: 8:45

MAY 20, 2018 @ 6:30am

Lorenzo Cohen, PhD, Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and Director of the Integrative Medicine Program at the University of Texas MD Anderson Cancer Center in Houston, co-author of "*Anti Cancer Living*"

Cancer remains one of the leading causes of death worldwide, and within the next 20 years, the number of new cancer cases is expected to increase by 70 percent. Dr. Cohen believes that if Americans focused on social and emotional support, stress management, sleep, exercise, diet, and minimizing exposure to environmental toxins, 50 to 70 percent of cancers could be prevented.

Issues covered:
Cancer Prevention
Personal Health

Length: 8:51

András Tilcsik, PhD, Canada Research Chair in Strategy, Organizations, and Society, and Associate Professor of Strategic Management at the University of Toronto's Rotman School of Management, author of "*Meltdown: Why Our Systems Fail and What We Can Do About It*"

From train derailments and massive oil spills to bankruptcies and medical errors, system failures are all too common -- and they're becoming more frequent. Dr. Tilzscik explained the common denominator in these system meltdowns. He believes that the increasing complexity and lack of slack in our systems create conditions ripe for failure and corruption. He also explained why diversity in design teams is crucial in preventing serious failures.

Issues covered:
Disaster Preparedness
Diversity
Government Regulation
Transportation

Length: 8:17

MAY 27, 2018 @ 6:30am

Norman Bates, attorney, expert on the prevention of sexual violence against children, co-author of "*Preventing Child Sexual Abuse in Youth-Serving Organizations: Guidelines for Managers and Parents*"

Many parents will soon send their children off to summer camp, scouting events and sports activities. But without proper safeguards in place, these environments can provide opportunities for sexual misconduct and abuse to occur. Mr. Bates outlined the abuse prevention policies that youth-serving organizations need to implement, and the questions parents must ask to ensure that they are.

Issues covered:
Sexual Abuse
Youth at Risk
Parenting

Length: 8:12

Paul Sullivan, NY Times financial columnist, author of "*The Thin Green Line: The Money Secrets of the Super Wealthy*"

Mr. Sullivan explained why some people, even "rich" people, never find true wealth, and why other people, even those who have far less are much wealthier. He offered tips on how middle-class consumers can make better financial decisions, and come to terms with what money truly means. He said changing how Americans think about wealth can lead to more secure and less stressful lives.

Issues covered:
Personal Finance
Consumer Matters

Length: 9:02

JUNE 3, 2018 @ 6:30am

Denise Pope, Senior Lecturer, Co-Founder, Challenge Success at Stanford University Graduate, co-author of "Overloaded and Underprepared"

Dr. Pope explained why parents and teachers should be concerned that many of America's students are stressed out or have given up. She outlined steps that schools can take to provide kids with academic, social and emotional skills needed to succeed in school now and as adults later. She talked about the Challenge Success program at Stanford and how the program is customized for each school in which it is applied.

Issues covered:

Education
Parenting

Length: 9:53

Brooks Palmer, professional organizer, author of "*Clutter Busting: Letting Go of What's Holding You Back*" and "*Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others*"

Most Americans struggle with clutter and disorganization. Mr. Palmer talked about the emotionally suffocating effects of clutter and why people have problems letting go of items they no longer need or use. He offered suggestions for how to get started and how to look at items in a different way to assess whether they are worth keeping.

Issues covered:

Personal Productivity
Workplace Matters
Mental Health

Length: 7:27

JUNE 10, 2018 @ 6:30am

Erin E. Murphy, expert on DNA and forensic evidence, Professor of Law at New York University

Ms. Murphy discussed the privacy and legal concerns raised by the Golden State Killer case, in which a notorious serial killer was captured via DNA submitted to a publically available genealogy website. She noted that that the type of DNA testing used by genealogy sites is a much broader and more powerful tool than the version permitted in criminal justice databases. She also discussed recent advances that will make DNA testing much faster and even more useful to law enforcement.

Issues covered:

Privacy Concerns
Criminal Justice
Legal

Length: 8:31

David Ballard, PhD, Director of the American Psychological Association's Center for Organizational Excellence

The #MeToo movement has gripped the nation for months, but a recent study from the American Psychological Association found that in its aftermath, corporations have taken weak steps, at best, to prevent sexual harassment and inappropriate conduct. He said most policy and training changes have been aimed at limiting the liability of the company, rather than to effect real change. He found that organizations with women in senior leadership roles were much more likely to have taken new steps to prevent harassment and to encourage employees to report it.

Issues covered:
Sexual Harassment
Women's Concerns
Workplace Matters

Length: 8:43

JUNE 17, 2018 @ 6:30am

Jacquelyn C. Campbell, PHD, RN, FAAN, expert on domestic violence, violence against women and intimate partner violence, Professor and the Anna D. Wolf Chair at the Johns Hopkins School of Nursing, National Program Director for the Robert Wood Johnson Foundation's Nurse Faculty Scholars Program

Dr. Campbell developed the Danger Assessment, a groundbreaking questionnaire designed to assess a woman's risk of being killed by an abusive partner. She talked about recent updates to the tool that address concerns for immigrant women and same-sex partners. She said it's helpful for an abused woman to document for herself how often abuse is happening, levels of abuse and other patterns.

Issues covered:
Domestic Violence
Women's Concerns

Length: 9:21

Bryan Caplan, PhD, Professor of Economics at George Mason University, blogger for EconLog, author of *"The Case against Education: Why the Education System Is a Waste of Time and Money"*

Although it is immensely popular--and immensely lucrative--Dr. Caplan believes that higher education is grossly overrated. He said that decades of growing access to education have not resulted in better jobs for the average worker, but instead in runaway credential inflation. He is in favor of serious cuts in government education funding to curb this wasteful rat race, along with a renewed emphasis on vocational education.

Issues covered:
Education
Career
Government Spending

Length: 8:01

JUNE 24, 2018 @ 6:30am

John Hooker, PhD, T. Jerome Holleran Professor of Business Ethics and Social Responsibility, and Professor of Operations Research, at Carnegie Mellon University, author of *"Taking Ethics Seriously: Why Ethics Is an Essential Tool for the Modern Workplace"*

Dr. Hooker discussed common ethical dilemmas that occur in workplace environments, and how employers and employees should react. He explained how the advent of social media and the #MeToo movement has affected ethical decisions in the workplace. He listed factors than an employee should weigh before risking their job by blowing the whistle on misconduct.

Issues covered:
Ethics
Workplace
Career

Length: 9:05

W. Chris Winter, MD, board-certified and internationally recognized sleep medicine specialist, board certified neurologist, author of *"The Sleep Solution: Why Your Sleep is Broken and How to Fix It,"*

Dr. Winter said the state of sleep in America is better than typically portrayed in the media, but he did note that it has gotten slightly worse because of all of the distractions available today. He said shift workers are at greatest risk of sleep related health issues. He suggested that people should try to wake up at the same time every day, even if their bedtime varies.

Issues covered:
Personal Health

Length: 8:12