

Quarterly Issues & Programs Report

WKML-FM

HD-1 & HD-2

Lumberton-Fayetteville, NC

3rd Quarter

Jul – Aug – Sep 2022

Prepared by: Kent Dunn

WKML-FM

ISSUE/PROGRAM SUMMARY

2022

JULY—AUG--SEP

Radio station WKML-FM, Lumberton-Fayetteville, NC identified these issues of concern in the community to be addressed from July through September 2022. These items were identified during on-going surveys and interviews conducted by the staff with community leaders.

Food Safety/Mental Health/Local Government/Emergency Preparedness/Family Issues/Community Safety/PTSD/Lafayette Society/Monkey Pox/Breaking Barriers/Power Conservation

Issues were addressed via ----- Daily Public Service Announcements
Daily Newscasts
Weekly Long-form Public Affairs Programs
Live Broadcasts from Community Events

**3rd Qtr. 2022 Public Affairs Broadcasts (“Talkback” – Sun 6 am) – WKML
(Paul Johnson hosted, with the following guests:)**

****7/3/22 (30:48 et)****

**Major Gen. Brian Mennes – Dpty Command Gen.– XVIII Airborne Corps,
Ms. Brenda Lee McCullough – Director, IM-COM Readiness (Ft. Bragg, NC),
Colonel Scott Pence- Outgoing Garrison Commander
Colonel John Wilcox – Incoming Garrison Commander**

Talkback featured the context and excerpts from all principal speakers at **Fort Bragg’s
Change of Garrison Command ceremony** – 10am on Friday, June 24th.

Tristyn Card of North Carolina Communities-in-Schools (C-I-S) spoke about
C-I-S’s ‘All In It For The Kids’ Comedy Night, Friday, July 15th – 7:30pm – at Segra
Stadium. Tickets available at CISNC.org.

Fire Prevention Officer Nick Hammond of the **Fayetteville Fire Department**
offered his guidance on safety around fireworks. Fireworks that project are illegal and
even sparklers (legal) burn at 1000 degrees Fahrenheit. So all are to be respected for the
injuries they can cause.

****7/10/22 (28:39 et)****

Tatiana Pless – Founder, 4th Wall – Breaking Barriers, Building Bridges.

Tatiana explained her dream of creating hope for rehabbed, formerly incarcerated
persons intending to reenter society as productive citizens. She’s recruited a volunteer
dinner theatre support team and is now recruiting formerly incarcerated individuals to
write and perform a play to illustrate the difficulties of those who want to reenter
society.

At the time she contacted Talkback, Tatiana, having found her venue and recruited her
volunteer production staff, was in the COVID-delayed stage of attempting to recruit her
volunteer cast and playwrights. I felt she had a story to tell that just needed some pieces
to fall into place. I invited her to tell it and offered the opportunity to return when she
had a play, cast and tickets to sell.

**Carolyn Justice-Hinson, Fayetteville Public Works Commission’s
Communications and Community Outreach Officer** – teaching ways to
minimize your power bill when the temperature is way up. She also addressed ways to
conserve and save on water usage as well. As she says, when rate-payers save,
EVERYONE benefits.

Barry Bowden, Retired Army Officer and U.S. Army Chaplin, who is also a
licensed Therapist and professional Counselor in Fayetteville – discussed how
excessively hot weather can lead to irritable moods and venting behavior, which, if not
handled constructively, can lead to unnecessary hurtful outbursts onto the people we
love and need the most. He outlined how to seek mental hydration just like we utilize
physical hydration at stress points in our lives.

****7/17/22 (29:54 et)****

Amy Navejas - Executive Director and CEO - United Way of Cumberland County. Amy discussed the need, now that businesses are making a return to the workplace. She emphasized the impact of campaigns to the United Way's overall effort. Even though she feels it will take time to build United Way campaigns back to the robust state of prior to the pandemic, she observed no campaign unit is too small and no pledge amount is too small. The United Way's campaign kickoffs are beginning for FY22-23. If you want more info for your work unit or yourself, simply call (910) 483-1179 or see [UnitedWay-CC.org](https://www.unitedway-cc.org) and ask for Melissa Rogers OR Amy Navejas. Amy says the United Way also offers leadership training for new company or group campaign leaders. The management class and other leadership trainings are available and, except for time, are free!

Derrick McArthur - City of Fayetteville Small Business Relief Fund (part of American Rescue Program) spoke on the availability of up to \$50,000 to small businesses (with no more than 200 employees) who have suffered during the past 2+ years of the pandemic. Small business is sometimes referred to as the "Bread and Butter" of today's U.S. economy. The City of Fayetteville has \$3.2 million to distribute over the next ten years to business that can document their losses. More info available at <https://www.fayettevillenc.gov> website

Bridget Stephens - City of Fayetteville - Economic and Community Development Block Grant Program for 1st Time Home Buyers, says while there is, at this time, a noted "rush" on home buying across the United States that has inflated home values and put upward pressure on the price of home, which in turn is the squeezing the inventory available to first time home buyers, **CONDITIONS AREN'T NEARLY SO DIRE** in Fayetteville and Cumberland County. The marketplace here is healthier for would-be first time home owners. So much so according to Bridget Stephens, she is not only coordinating a series of seminars for couples and families seeking home ownership opportunities but administering a grant program (part of **American Rescue Plan** funding in our area) that will help first-time home owners achieve their dreams and vision. More info available at <https://www.fayettevillenc.gov>.

****7/24/22 (29:30 et)****

Dr Sreekanth Vemupalli, Duke Medical Staff Cardiologist, spoke on the need for all patients to self-advocate for non-invasive, low-cost (preventative care with most insurance companies) Heart Valve Disease screenings. The disease becomes more prevalent as patients age, is often undetected without screening and can be fatal. In our conversation, I pointed out I, as a senior person under care for heart conditions, undergo an ultrasound echo-cardiogram exam every 18-24 months as a preventative measure. They are easy to request, schedule and conducted on an out-patient basis in

about 20-30 minutes. Echo-cardiograms are too simple, easy and available to let slide when, undetected, your life could be at stake.

Lt Shawna Leake and Sgt Juvon Sanchez, Cumberland County Sheriff's Office (CCSO) announced Cumberland County Sheriff's Office deputies would be stationed at **four (4)** different Wal-Mart stores in the **Fayetteville** area from 9am-5pm each weekday this coming week (July 25-29): Ramsey Street on Monday and Friday, Hope Mills Main St. on Tuesday, Gillespie St. on Wednesday, and West Fayetteville's store on Raeford Rd. on Thursday. They would, under the name **"Christmas in July"**, collect toys and clothing and school gift goods (for males and females 5 to 17 years old) at each location. Toys collected mid-summer would augment collections by **"Stuff the Bus"**, **"Toy for Tots"**, **"Salvation Army Angel Tree"** and other formal and approved collections and programs (like CCSO's **"Shop with the Sheriff"**) conducted throughout the year. **The post-pandemic need for family assistance, especially in "gift" and "optional" categories, is greater than ever.**

Lisa Hughes, Assistant Director, Cumberland County Council on Older Adults (CCCOA) spoke on preparing eligible senior friends and family members now for this fall's (October 15th through December 7th) open enrollment for Medicare Part D Drug Plans. Coverage and service options (which area pharmacies are aligned with specific plans; is mail-order your best option) can vary wildly year to year depending on your medical needs AND market targeting by the drug plan providers themselves, so Lisa says it's important to check every year. Lisa says to call in early October for a free appointment, in person or on the phone, with one of their qualified and certified Senior Health Insurance Information Program advisors at **CCCOA**. Interested persons **can call (910) 484-0111** or sign up at **CCCCOOA.org**.

****7/31/22 (27:02 et)****

Gen. James C. McConville, the 40th U.S. Chief of Staff at the Pentagon was the Thursday keynote speaker at the **"Association of US Army (AUSA) Warfighter Summit and Exposition"** held at the Crown Expo Center – the first time this AUSA exposition and trade show had ever been held here (near Fayetteville and Fort Bragg - what some refer to as the **"Center of the Military Universe – since so many Commands and soldiers are attached to Fort Bragg – the largest installation by population in the world!"**) **McConville** spoke of the **single Soldier and Squad level of the Army being its core**, since warfighting success of the future will depend on the **mastery of the soldier's craft** and the **competency of soldiers at the Squad level**. In his **inspirational address**, **McConville said his supporting individual soldiers is his number one job**, acknowledging the excellence and strength of his command structure overall to keep the army strong at the levels of larger units like divisions, brigades and others.

Dr. Jennifer Greene addressed a variety of public health topics: funding the battle against the Opioid crisis, the renewed fights against the Viruses (Coronaviruses – and now MonkeyPox virus.) **Dr. Green advises keeping up with ALL your allowed COVID-19 vaccinations** (the newest vaccines against **Omicron BA-4 and BA-5** hadn't yet been approved yet as boosters – but stay tuned, according to Dr. Greene. She also said **Monkey Pox** vaccines can be distributed to those in need. **A call to the Health Department can help determine your eligibility and requirement.**

Dr Greene says the County's efforts to fight the Opioid crisis continues. **Cumberland County Government is estimated to receive \$16,984,644 over an 18-year period (2022-2038).** Interested citizens can find out more by calling **(910) 433-3672.**

****8/7/22 (30:00 et)****

Victoria Huggins- Alzheimer's Association Walk Coordinator joined us to promote Friday's (August 12th) **Alzheimer's Association "Paint the Park Purple"** night at **Segra Stadium** with the **Fayetteville Woodpeckers!** The ballpark will be alive with special incentives for early attendees, like Woodpeckers' swag for the first 1,000 attendees and concessions manned by Jay Reinstein **Jaywalker's teams.** (Jay is a former Fayetteville Assistant City Manager diagnosed as an early-onset Alzheimer's patient who has elected to fight the disease as long as he can make a difference. Jay is also a member of a pioneering Alzheimer's Disease drug trial – the first in 20 years. We wish Jay well in the quest for an Alzheimer's cure. We also discussed the upcoming **Alzheimer's Association Walk for a Cure, set for Saturday, October 29th at Segra Stadium.**

Carolyn justice Hinson, Fayetteville Public Works Commission's (PWC) Communications and Community Outreach Officer visited, talking about a sad but necessary transition in CEO leadership at Fayetteville's publicly-owned utility. It seems PWC CEO Elaina Ball's near two-year tenure at the helm of Fayetteville's PWC would be disrupted by an 'offer she could not refuse' from a utility in her home state of Texas." Carolyn said Elaina would be deeply missed. In her tenure at PWC, Elaina Ball had lead efforts to fend off a takeover attempt by an investor group from Louisiana, garnered the lowest finance rate ever for infrastructure improvement bonds with power supply lenders and achieved by negotiating continued low rates for electric power purchase from PWC's main power supplier, Duke Energy, which assures PWC customers "friendly" power rates long into the future.

According to Carolyn, Mick Nowland, a near 30-year veteran of Fayetteville's PWC's Water Division, would take over as interim CEO, while a full-scale search for a permanent CEO would commence as soon as possible.

****8/14/22 (24:37 et)****

Dr. Lori Hagler, MD Medical Director and Randi Nunez, Nursing Supervisor at Cumberland County Department of Health (Public Health) spoke of the need for parents of children entering Cumberland County Schools for in-person classes to be up to date on immunizations. According to Hagler and Nunez, the key grades for immunizations are kindergarten, seventh and 12th grades (the 12th grade immunization check and requirement is for Meningitis 'B' immunization only). Transfer student requirements will match existing grade requirements as closely as possible.

The school district is "free clinic" holding immunizations at several school locations throughout the 2 weeks following Labor Day to help students missing these key shots.

After 30 days from the start of school, students not meeting vaccination requirements will be notified they cannot attend school and will be sent home by administrators at the schools students are attending.

****8/21/22 (26:36 et)****

220731_GenJamesMcConville and DrJenGreene (Encore)

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****8/28/22 (31:12 et)****

Hank Parfitt, Past President, Lafayette Society joined us as he usually does every year prior to the week after Labor Day to tell the story of the French citizen with Royal connections, who, through wit, guile and position as one of George Washington's favorite generals in the Revolutionary War, helped the United States of America win its freedom from British rule. In doing so, he was revered as a Revolutionary war hero and accorded other honors, such as the North Carolina towns of Cross Creek and Campbellton merging to name themselves "Fayetteville," after the Gilbert du Motier, the **Marquis de Lafayette!** The Lafayette Society (LafayetteSociety.org) carries the tradition by honoring his birthday (actually September 6th, but celebrated the weekend after Labor Day every year.

Additionally, we spoke with Hank about the discontinuation of funding for the long-running day after Thanksgiving **Dicken's Holiday** extravaganza held in Historic Downtown Fayetteville since 2000 when it was conceived as a shopping draw to the downtown area. Hank seemed surprised the **Dicken's Holiday** was criticized for being "non-inclusive" when, over the years, many principal "roles" in the street cast had been performed by people of color. He suggested perhaps the new administration of the Arts Council, which had funded it for years, was looking for something new in its place.

Tatiana Pless – Founder, 4th Wall – Breaking Barriers, Building Bridges. (originally appeared 7/10/22). Recapping, by day **Tatiana Pless** has worked as a company manager for Cape Fear Regional Theatre. As an avocation she has begun a theatre company of her own, specializing in telling the story of the plight of previously incarcerated people following the steps to rehabilitation trying to reenter society. Her dream is to use theatre AND a theatre term, "breaking through the imaginary **fourth** wall (in FRONT of the stage and performers) for "real connection" to the audience of the play, as a both reality and a metaphor for rehabilitated persons to be seen as productive

human beings wanting to move forward as themselves as opposed to being labelled as just “past offenders.”

To update, **Tatiana** reported she has overseen the development of a writing team and cast, made up of rehabilitated offenders wanting to make more of their lives. **Tatiana** has also acquired play-production space (**Canvas studio, 1077 71st School Road, 28304**) and dates for production (**Sept. 8, 9, 10, 2022**) and **tickets to sell** to see the play she produced, “**Everything Comes Crashing Down!**” She invites all to see it in its 3-night run!

****9/4/22 (28:09 et)****

Lt. Col. Brett Lea - 82nd Airborne Public Affairs Officer/Spokesperson, reminded all, with **All American Week** scheduled for the end of this month (September 26th through the 29th), to find a convenient time, for just several minutes, to visit the **Fort Bragg All-American Welcome Center** (open every day including Federal Holidays) and sign-up for personal passes, register vehicles and take possession of **Fort Bragg Access Passes** for the next 30 days. This step will provide visitors and their registered guests with unhindered attendance to upcoming **All-American Week** activities with zero delay at Post Access Points.

Tatiana Pless – Founder, 4th Wall – Breaking Barriers, Building Bridges.

A reminder to see the play she has produced, “Everything Comes Crashing Down!” She invites all to see it in its 3-night run at Canvas studio, 1077 71st School Road, 28304. Tickets just \$5. Thursday-Saturday September 8-10!

Hank Parfitt, Past President, Lafayette Society, updating ticket availability for Saturday’s Lafayette Society Walking and Bus Tour. It’s just \$20 and covers stops at Lafayette’s 1825 tour of Fayetteville, conducted by Fayetteville Historian Bruce Daws, and member of Fayetteville Independent Light Infantry!

Isabella Effon, founder and Executive Director, Culture and Heritage Foundation, coordinator and originator of Fayetteville, NC’s downtown African World Peace Festival (Friday night, Saturday and Sunday after Labor Day Weekend) and Saturday 5K/10K run, has worked tirelessly over the last 10-15 years to bring to Fayetteville a celebration of African cultural contributions to our “melting pot” city, including music, from soul and R&B to drum and rhythm-enhanced “**world music**”. She’s also included a sanctioned 5K/10K run to the weekend festivities, headquartered around the intersection of Person and Gillespie Streets. All activities except the run (fee and pre-registration required) are free and open to the public!

****9/11/22 (26:46 et)****

Melvin Lewis – Beasley Friend and Guest Contributor/Editor

Dr. Yvette Miller – American Red Cross Medial Officer – Blood Donation Specialist

Melvin and Dr. Miller, combining efforts for **September Sickle Cell Awareness Month** had a spirited discussion around the disease of Sickle Cell Anemia and how it originated as a counter-measure to the Malaria virus in tropical zones. It remains prevalent in African countries. **Sickle Cell Anemia, while protective against Malaria, can bring about painful symptoms to its sufferers.** Transfusions from donors of similar backgrounds can help immeasurably, making donations from African Americans and/or persons of African descent a vital part of our blood supply. The American Red Cross says donations from persons of African descent are only 5% of the blood supply in the U.S. More is needed. **The American Red Cross asks ALL persons, including those from persons of African descent or African Americans to help by DONATING blood!**

****9/18/22 (29:37 et)** (Multiple guests and topics)**

We reminded listeners **Bianca Shoneman** of Fayetteville's **Cool Spring Development District** had told us there were very few remaining memorial flags left available for purchase in this year's **Field of Honor** display at the **Airborne And Special Operations Museum**. Interested listeners should purchase a memorial flag at *ASOMF.org*.

We reasserted **LT. Col Brett Lea's** reminder (he's a **Fort Bragg Public Affairs spokesperson**) to pick up **Fort Bragg Access Passes** IN ADVANCE of planned access to **All American Week activities** at Fort Bragg. It'll save you delays for events you want to attend.

Kelli Papagekos, spokesperson for **Fayetteville's Stes. Contantine and Helen's Greek Orthodox Church** on reasons to visit today's **12n-6p Greek Festival...Fun, Food, Music and Fellowship, Raffles** and **people you haven't seen all year** (it just works out that way!)

Craig Morrison, **Executive Director of Fayetteville Operation In As Much** reminded us regular registration would end Monday, September 19th for **Ray's**

Run (a sanctioned 10k run to be conducted on Saturday, October 1st) benefitting The Lodge – a men’s self-help residential program at Fayetteville Operation In As Much.

Lisa Hughes, Assistant Executive Director of the Cumberland County Council for Older Adults noted there would be one last **Medicare 101 class** coming up **Tuesday, September 6th** for adults turning 65 in 2022. The knowledge gleaned from this class is vital for seniors turning 65 because choices you make in the month around your birthdate can affect you for a long time. It is imperative to make good choices at this critical time since some changes are only allowed at government-defined “special life event” moments. Call (910) 484-0111 to get signed up!

Crystal DePietro, Executive Director of Connections of Cumberland County, reminded us of the **Thursday, September 29th Art Auction (6-8:30pm, Studio 215)** benefitting Connections of Cumberland County’s **efforts to help women and women with children at risk of homelessness and/or domestic violence.**

****9/25/22 (28:08 et)****

Lt. Col. Brett Lea - 82nd Airborne Division (All American Division) Public Affairs spokesperson, discussed the upcoming week’s (September 26-29) activities at the **82nd Airborne Division All-American Week.** **Brett explained the schedule for All American Week** and how to best enjoy the 82nd Airborne’s showcase of activities. **Brett pointed out for as much as the Airborne Division loves putting on demonstration of skills, precision and unity** (the Division run, the Division review, Hall of Fame Induction, Prayer and Remembrance Ceremony, Old Timer’s Breakfast and more) **the 82nd Airborne loves SHARING it with the Fayetteville community!**

Faith Boehmer - Child Advocacy Center (CAC) of Fayetteville, NC, Volunteer and Prevention Coordinator, enlightened us on the mission of the **Child Advocacy Center** and its role in protecting children and bringing healing and light to some pretty dark situations. Though it all, the **Child Advocacy Center persists (and must persist!)**

The Child Advocacy Center Pinwheel Masquerade Ball (Saturday, October 1st at the Cape Fear Botanical Garden) is perhaps their biggest social event of the year and a vital fund-raiser! **Faith and the CAC ask your help** in supporting the event by attending **or with a donation to the CAC!** Their vital work depends on your help!

Barry Bowden, Army Veteran (34 years) and former Army Chaplain (22 years) and professional therapist/counsellor.

With a raft of polarizing happenings in the U.S. (controversial Congressional hearings, Supreme Court rulings and disturbing headlines) we, as a nation, seem more divided than ever. **Barry Bowden discussed how a given individual can find peace of mind and faith where it appears to be in short supply.**



Weekly Public Affairs Program

Call Letters: WKML

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2022

Show # 2022-27

Date aired: 7/3/22 Time Aired: 6:30A

Joanne Lipman, former Chief Content Officer of Gannett and Editor-in-Chief of USA Today, author of *“That’s What She Said: What Men Need to Know (and Women Need to Tell Them) About Working Together”*

Ms. Lipman discussed the current state of the gender gap in today’s workplaces. She said that traditional corporate “diversity training” has actually made the problem worse—in part because it makes men feel demonized. She believes that the solution to workplace inequality and sexual harassment lies in reaching across the gender divide so that men become allies, rather than adversaries.

Issues covered:
Sexual Harassment
Women’s Issues
Workplace Matters
Minority Concerns

Length: 9:28

Derek Thompson, author of *“Hit Makers: How to Succeed in an Age of Distraction”*

Mr. Thompson said nothing simply “goes viral.” He explained the little-known factors that cause that a popular movie, song, or app to come out of nowhere to become a word-of-mouth success in today’s crowded media environment. He outlined possible ways these trends may affect consumers’ decision making in the future.

Issues covered:
Consumer Matters
Media

Length: 7:39

Show # 2022-28

Date aired: 7/10/22 Time Aired: 6:30A

Jillian Peterson, PhD, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the “how” and “why” of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:

**Mass Shootings
Criminal Justice
Mental Health**

Length: 9:02

Peter H. Diamandis, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of *"The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives"*

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:

**Consumer Matters
Technology**

Length: 8:03

Show # 2022-29

Date aired: 7/17/22 Time Aired: 6:30A

Chris Blattman, PhD, Economist, Professor at the University of Chicago's Harris School of Public Policy, author of *"Why We Fight"*

Violence is skyrocketing in cities, large and small, across the US. Prof. Blattman was intrigued by research originally done in Liberia that found that providing cash and cognitive behavioral therapy to potential criminals reduced the future risk of crime and violence, even 10 years after the intervention. Inspired by the program in Liberia, Chicago has been implementing a similar but more intensive program called READI. Over the course of 18 months, men in the city's most violent districts participate in therapy sessions in the morning, followed by job training in the afternoon. He discussed the ongoing research.

Issues covered:

**Crime
Government Policies**

Length: 10:09

Margot Machol Bisnow, former FTC Commissioner and Chief of Staff of the President's Council of Economic Advisers, author of *"Raising an Entrepreneur"*

Ms. Bisnow interviewed 70 people who were either entrepreneurs or who raised highly successful adults. She explained why parents should want to raise a child with an entrepreneurial outlook, and why teaching independence and compassion are so important.

Issues covered:

**Parenting
Entrepreneurism**

Length: 7:09

Show # 2022-30

Date aired: 7/24/22 Time Aired: 6:30A

Michelle Kaiser, PhD, Assistant Professor of Social Work, Ohio State University

Hunger and poor nutrition in the U.S. may be far worse than previously understood. Dr. Kaiser led a study that examined the intersection between hunger and the types of foods found at nearby stores. She said almost a third of the households they studied were food insecure, and more than 16 percent had very low food security, meaning they were skipping meals, at risk for experiencing hunger and suffering health problems as a result. She outlined what steps can be taken to reverse this trend.

Issues covered:

Length: 8:34

**Hunger
Poverty
Government Programs**

Christine Benz, Director of Personal Finance at Morningstar, Inc.

Ms. Benz discussed costly areas of retirement that often are forgotten by Americans saving for their senior years. She said healthcare costs and taxes top the list. She outlined strategies to determine how and when to withdraw IRA or 401k funds to cover these significant expenses.

Issues covered:

Length: 8:43

**Retirement Planning
Senior Citizens
Personal Finance**

Show # 2022-31

Date aired: 7/31/22 Time Aired: 6:30A

S. Tony Wolf, Postdoctoral Researcher in Kinesiology at Penn State University

How hot is too hot for the human body? Dr. Wolf was the co-author of a study that found that a high combination of heat and humidity gets dangerous faster than many previously thought. He said the previous belief was the 95 degrees was the threshold, but the new research found that 88 degrees was the upper limit of safety. He explained how high temperatures affect the human heart, and why heat stroke and heat stress can be so dangerous.

Issues covered:

Length: 8:13

**Personal Health
Climate Change**

Dana Suskind, MD, Professor of Surgery and Pediatrics, Director of the Pediatric Cochlear Implant Program, and Founder and Co-Director of the TMW Center for Early Learning + Public Health at the University of Chicago, author of "*Parent Nation: Unlocking Every Child's Potential, Fulfilling Society's Promise*"

Dr. Suskind talked about the important role that parents play in the development of a child. She talked about the changes that parenting underwent in the aftermath of the pandemic. She also said she would like to see greater taxpayer spending on early childhood education.

Issues covered:

Length: 8:51

**Parenting
Early Childhood Education**

Show # 2022-32

Date aired: 8/7/22 Time Aired: 6:30A

Alan Cook, MD, Medical Director in the Center for Clinical Research at the School of Community and Rural Health, The University of Texas at Tyler Health Science Center

Traumatic brain injury is the leading cause of death and disability in children 0-4 and 15-19 years of age, and Dr. Cook noted that ER visits for concussions and similar injuries have nearly tripled in the past 20 years. He added that, while traumatic brain injuries increased in all groups, the trend was the greatest among girls. He theorized that the reason is that most womens' sports, such as volleyball, soccer and cheerleading, are un-helmeted activities, plus the fact that concussion awareness has improved.

Issues covered:

**Traumatic Brain Injuries
Parenting**

Length: 7:16

Michelle Johnson-Motoyama, PhD, Associate Professor at The Ohio State University College of Social Work

Prof. Johnson-Motoyama led a recent study that found that the Supplemental Nutrition Assistance Program (SNAP) that helps more than 39 million Americans and others avoid food insecurity has an unexpected benefit: it may help prevent child maltreatment. She found that states with more generous SNAP policies – and thus more people participating in the program – had fewer children involved in Child Protective Services investigations and sent to foster care. She said rapidly increasing inflation rates for food and gasoline are having a severe impact on families of lower income

Issues covered:

**Child Neglect
Hunger and Nutrition
Government**

Length: 10:06

Show # 2022-33

Date aired: 8/14/22 Time Aired: 6:30A

Howard Waitzkin, M.D., Ph.D., Distinguished Professor Emeritus in the Department of Sociology at the University of New Mexico, Adjunct Professor in the Department of Medicine at the University of Illinois

Dr. Waitzkin said many active-duty military personnel are making extensive use of private mental health services. He explained that they often do so because they are dissatisfied with the quality of military care and are worried about reprisals from their command. He discussed outside help that is offered by a nationwide civilian network of volunteer mental health professionals.

Issues covered:

**Military Issues
Mental Health
Suicide**

Length: 7:33

Deondra Rose, PhD, Assistant Professor of Public Policy and Political Science at Duke University, author of "*Citizens By Degree: Higher Education Policy and the Changing Gender Dynamics of American Citizenship*"

Dr. Rose discussed the striking change in higher education over the past few decades, as women have come to earn college degrees at higher rates than men. She explained the reasons behind the trend, and the broader implications for women and society. She believes it empowers women to

become not only more financially independent, but also more socially integrated and more politically engaged. She also discussed the impact of the "#MeToo" movement in the empowerment of women.

Issues covered:

**Women's Issues
Education
Sexual Harassment**

Length: 9:41

Show # 2022-34

Date aired: 8/21/22 Time Aired: 6:30A

Mark J. Perry, PhD, 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

Show # 2022-35

Date aired: 8/28/22 Time Aired: 6:30A

Laura Linn Knight, parenting expert, former elementary school teacher, Certified Positive Discipline Educator, author of *"Break Free from Reactive Parenting"*

Ms. Knight offered suggestions to help families create more calm in the home as the new school year begins. She explained how parents can create an organized, efficient and fun morning routine. She also discussed how early children need to wake up before the school bus arrives, and the best forms of discipline to motivate kids to get ready on time.

Issues covered:

**Parenting
Education**

Length: 8:00

Simone Rodda, PhD, Associate Professor in the Auckland University of Technology, Psychology and Neuroscience in Auckland, New Zealand

Gambling is more available than any time in history, and over 10 million adults have sought help for problem gambling. Prof. Rodda examined the results of 24 studies conducted internationally that asked members of the general public about seeking help for gambling problems. She explained who is most likely to seek help, and the types of assistance that is available for problem gamblers.

Issues covered:
Gambling Addiction
Mental Health

Length: 9:18

Show # 2022-36

Date aired: 9/4/22 **Time Aired:** 6:30A

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

Show # 2022-37

Date aired: 9/11/22 **Time Aired:** 6:30A

Emily Weinstein, PhD, Principal Investigator at Project Zero in the Harvard Graduate School of Education, author of "*Behind Their Screens: What Teens Are Facing (And Adults Are Missing)*"

Dr. Weinstein interviewed 3500 teenagers to learn how they are influenced by smartphones and other electronic screens. She talked about the social stresses that have been drastically amplified in social media, then are further exacerbated because parents often don't understand. She explained how social media was a critically important social lifeline and study support tool during the pandemic. She also said social media has driven a profound shift in peer pressure for teenagers to adopt socially-approved opinions about politics.

Issues covered:
Parenting
Youth Mental Health

Length: 8:00

Tiago Forte, productivity consultant, author of "*Building A Second Brain: A Proven Method to Organize Your Digital Life and Unlock Your Creative Potential*"

Many people struggle to retain even a fraction of the knowledge we consume throughout our day, and wind up frustrated when we can't recall the information we need when we need it. Mr. Forte explained a simple method using existing smartphone technology to not only consume information, but to manage and streamline it.

Issues covered:

**Personal Productivity
Career
Technology**

Length: 9:18

Show # 2022-38

Date aired: 9/18/22 Time Aired: 6:30A

Tara Storch, co-founder of Taylor's Gift Foundation, a nonprofit 501(c)(3) organization that provides emotional support to organ donor families

More than 40,000 organ or tissue transplants were performed last year in the US. But behind every organ donation—usually because of an unexpected accident or tragedy—there is a family reeling over sudden grief and loss. Mrs. Storch shared her personal story of losing her daughter to tragedy, which led her to found an organization to provide emotional support to other organ donation families left to go on with their lives.

Issues covered:

**Organ Donation
Mental Health**

Length: 8:59

Mindy H. Lee, graduate student at the University of Illinois Urbana-Champaign

Ms. Lee was the co-author of a small study that examined the effectiveness of a self-guided approach to weight loss that involved easy-to-use tools that helped users create low calorie and high fiber meals. She said the program participants lost an average of 5% of their body weight. She explained why diet flexibility is key to making weight loss and maintenance sustainable in the long run.

Issues covered:

**Weight Loss
Personal Health**

Length: 8:21

Show # 2022-39

Date aired: 9/25/22 Time Aired: 6:30A

Pennie Crockett, domestic violence survivor, entrepreneur, author of "*Dangerous Love: From Battered to Boss Lady*"

Ms. Crockett shared her inspiring story of escaping from an abusive relationship and eventually starting a successful business. She said domestic violence survivors must not let the experience define them. She discussed the personal challenges she worked through to achieve her dreams, and recommended resources that are available to victims of domestic abuse.

Issues covered:

**Domestic Abuse
Entrepreneurism**

Length: 8:48

Brett Hollenbeck, PhD, Assistant Professor, UCLA Anderson School of Management

Can you really trust that online product review before you make a purchase decision? Prof. Hollenbeck led new research that discovered that the practice of faking online product reviews may be far more pervasive than anyone realized. He said there is a large online marketplace for the buying and selling of fake online reviews, often utilized by small, third-party sellers on Amazon. He said the sellers are typically based in China, which makes it difficult for US regulators to police the problem.

Issues covered:

Consumer Matters

Government Regulation

Length: 8:25