

### QUARTERLY ISSUES/PROGRAMS LIST

The following is a listing of some of the significant issues responded to by Station KRWQ-FM, Gold Hill, Oregon, along with the most significant programming treatment of those issues for the period April 1, 2016 – June 30, 2016. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
Homeless Awareness and public policy	Clear Connections	4/3	530	20	Chad Mcomas, Executive Director of Rogue Retreat updates the community about their proposal to go before the Medford City Council to speak with Bill Meyer
Presidential election choices, history of same	Clear Connections	4/3	550	10	Historian and author Doug Cohn talks of the history of presidents and their first year in office. Often we choose presidents, or are told to choose them based on experience. Cohn indicates that past government experience rarely prepares a president for the challenges of the first year in office...Really it's a "learn as you go" process.
Marijuana cultivation policy, local government	Clear Connections	4/10	530	20	Representatives from Jackson County Right to Grow criticize county government's interpretation of state land use law, which effectively takes away the right to grow crops, including marijuana, on rural residential property.
Economy, personal finance, employment	Clear Connections	4/10	550	10	Manufacturing has long been considered the backbone of the middle class. But as manufacturers become increasingly efficient, making more things with fewer people, America has been losing millions of manufacturing jobs to faraway places. Now, a big question arises: What are Americans to do for work? 3D printing may be a big part of that answer.  "Because 3D printers can make entire parts or products with fewer machines, fewer steps, and therefore fewer people, they eliminate the benefits of making things where labor is cheap," says John Hornick, author of <i>3D Printing Will Rock the World</i> . "They bring jobs home, make the world smaller and democratize manufacturing as a whole."
Homeless Awareness and public policy	Clear Connections	4/17	530	30	Medford City Councilman Clay Bearson discusses the proposal to lease an unused city lot to the Rogue Retreat group in order to start "Hope Village", a transitional "tiny house" village of homeless people getting set for employment and a more "normal" lifestyle. Bearson took many citizen calls criticizing the plan.
Voting Integrity	Clear Connections	4/24	530	15	Bev Harris from BlackBoxVoting.org discusses the serious security issues involved in the modern electronic voting systems such as the ones used in Oregon and Washington, recommends reforms and more observation of the vote COUNTING process.
Personal health,	Clear	4/24	545	15	Dr. Michael Mosely, author of the 8 Week

medicine	Connections				Blood Sugar Diet details how it's the American diet, more than just about any other risk factor, which has pushed so many into diabetes. His book has several diet plans to help control diabetes naturally
Energy, economy, conservation	Clear Connections	5/1 and 5/29	530	20	Monty Mendenhall of Pacific Power discusses the Resource Plan for the electrical utility. Says that 87% of the growth in future power needs in Oregon will be supplied by conservation, and not actually the production of more power. We questioned whether this was sound policy, and whether we could "conserve our way" to economic prosperity. Mendenhall adds that hundreds of thousands of "smart meters" will be installed. We asked about the privacy issues involved, given that PP is moving to demand pricing, which will ultimately lead to much higher energy costs.
Earthquake preparedness	Clear Connections	5/1 and 5/29	550	10	We talk with developers of the Shakealert system, an earthquake early warning system sponsored in part by the U.S. Geological Survey. It's an important development given the area's long-anticipated Pacific subduction earthquake talk.
Government health policy, smoking cessation	Clear Connections	5/8	530	20	Heartland Institute's Dr. Brad Rodu criticizes a recent release of FDA rules and regulations that will place a heavy regulatory burden on "vaping", electronic cigarettes. Dr. Rodu believes that the costs of the regulation could drive more smokers to continue smoking tobacco products, ultimately more dangerous than even the most "dangerous" e-cigarette.
Veterans Services	Clear Connections	5/8	550	10	Representatives from the non-profit Southern Oregon Veterans Benefit promoting the July concert with superstar singer Kenny Rogers. It's a fundraiser for helping veterans regain employment opportunities.
Local Economy	Clear Connections	5/15	530	15	Craig Bramscher, CEO of Brammo, explains how their local electric motorcycle firm is growing, adding employees, and branching out into electric motor/battery "power units".
Homeless policy	Clear Connections	5/15	545	15	Medford City Councilman Clay Bearson taking calls from listeners over the controversial "Hope Village" tiny house development, which would build a dozen or so small homes for transitional housing for homeless.
Civil Liberties	Clear Connections	5/22	530	20	John Whitehead, constitutional attorney for the Rutherford Institute, he had much criticism for a recent Supreme Court decision to NOT hear a challenge to the court's own rule banning demonstrations in the plaza in

					front of the SCOTUS. Says it's an insult to the constitution to have the court ban this political speech.
Civil Liberties	Clear Connections	5/22	550	10	A representative of Young Americans For Liberty, CJ Sailor, promoted its Fight for Free Speech campaign, a national movement committed to ending unconstitutional speech codes and combatting threats to Free Speech on college and university campuses, by hosting more than 340 coordinated events nationwide.
Government Accountability, computer security	Clear Connections	6/5	530	15	AMI newswire reports how the federal government is in danger of computer breaches due to the age of some of its computer equipment. We discuss one of the more well-known examples of a missile system secured with a computer so old that it uses 10.5 inch floppy drives to run the program.
Government accountability	Clear Connections	6/5	545	15	Pacific Legal Foundation explains a big Supreme court victory for property rights...the first time the federal government's EPA or BLM was blocked by the courts for not following the law as written by Congress.
Law Enforcement, public safety	Clear Connections	6/5	530	15	Josephine and Jackson County law enforcement teams up for a test of earthquake preparedness. The Jo County Emergency Manager explains the drills and tests being conducted.
School safety and student health	Clear Connections	6/12	545	15	Michael Campbell of Medford 549C and the systems facility manager report on the prevalence of lead in the school system's drinking water. This has been of concern since Portland recently reported problems in their schools. Medford says they're in pretty good shape, there were a couple of old drinking fountains which had corroding fixtures that needed changed out, but overall the water is well within standards.
Law Enforcement, fugitive policy	Clear Connections	6/19	530	20	Jeff Clayton, policy director of the American Bail Coalition discusses whether Oregon should go back to having bail bounds...here's why Out-of-state bail agents and fugitive recovery personnel ("bounty hunters") have no jurisdiction in Oregon over those who have failed to appear on misdemeanor charges. This might not sound like a big deal, until one realizes that misdemeanors can include things such as domestic violence, assault, indecent exposure and driving under the influence. As a consequence, Oregon has become a haven for bail jumpers, with most residents

					having no idea that these folks are freely roaming about -- and possibly in a position to commit additional offenses without having answered to their original charges.
Public Firearm Policy	Clear Connections	6/19	550	10	A local father discusses what he sees as injustice at southern Oregon University. He was carrying a concealed firearm, legal under state law, at a university graduation ceremony. Security had detected that he was carrying, and ordered him to leave, apparently in violation of state law.
Health care, insurance policy	Clear Connections	6/26	530	30	Dr. Merrill Matthews from the Institute for Policy Innovation talks about a recent study he conducted on Obamacare. He says that recent rule changes in the law's implementation are "walling off" Americans from being able to seek affordable medical care outside of a standard Obamacare insurance policy, which is increasingly exploding in cost. Matthews believes the health insurance system will effectively collapse within the next year or two because of the increasing costs, and declining citizen participation.

Description of Issue	Show	Date	Time	Duration	Narration of Type & Description of Program/Segment
<b>Major not-for-profit theater arts organization</b>	The Q Crew	4/5/16	8:40	5 minutes	Julie Cortez, communications manager and Eddie Wallace, assistant communications manager of the Shakespeare Festival are in to encourage listeners to attend specific shows during the Oregon Shakespeare Festival.
<b>Public Service/Humane society/ Animal Adoption</b>	The Q Crew	4/6/16	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page for viewing. Today, Tadpole
<b>Non-profit Music and Arts Festival, local economy</b>	The Q Crew	4/8/16	8:20	5 minutes	Sarah is in with Britt Festivals to discuss the lineup for the 2016 season.
<b>Public Service/Humane society/ Animal Adoption</b>	The Q Crew	4/13/16	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page for viewing.
<b>Local sports – collegiate team</b>	The Q Crew	4/21/16	8:40	5 minutes	Carolyn with the Medford Rogues Baseball League is in to talk about hosting players for the upcoming season.
<b>Local sports – collegiate team</b>	The Q Crew	5/4/16	8:40	5 minutes	Carolyn with the Medford Rogues Baseball League is in to talk about hosting players for the upcoming season.
<b>Youth organization for girls/</b>	The Q Crew	5/6/16	7:50	5 minutes	Local girl scout, Shayleen presents check for St. Jude Kids from her cookie sales.

<b>Educational development</b>					
<b>Public Service/Humane society/ Animal Adoption</b>	The Q Crew	5/11/16	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.
<b>Public Service/Humane society/ Animal Adoption</b>	The Q Crew	5/18/16	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.
<b>Public Service/Humane society/ Animal Adoption</b>	The Q Crew	5/25/16	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.
<b>Public Service/Humane society/ Animal Adoption</b>	The Q Crew	6/1/16	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.
<b>Community Events/music festival</b>	The Q Crew	6/9/16	7:10	10 minutes	Ann with Willamette Country Music Concerts is in to discuss a brand new 4-day music festival in Central Point.
<b>Non-profit Music and Arts Festival</b>	The Q Crew	6/15/16	8:30	5 minutes	Sarah is in to talk about the Britt Festival line up
<b>Public Service/Humane society/ Animal Adoption</b>	The Q Crew	6/15/16	8:40	10 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.
<b>Community Events</b>	The Q Crew	6/27/16	8:20	5 minutes	Helen is in with the Jackson County Expo to talk about upcoming week of fair events.
<b>Community Events</b>	The Q Crew	6/29/16	8:30	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.



Call Letters: KRWQ\_\_\_\_\_

Weekly Public Affairs Program

**QUARTERLY ISSUES REPORT, APRIL-JUNE, 2016**

Show # 2016-14

**Date aired: 4/3 Time Aired: 505**

**Marie Jameson**, home and lifestyle columnist, author of *"Downsizing The Family Home: What to Save, What to Let Go"*

Nearly everyone eventually faces the difficult, emotional journey of downsizing an aging parents' home. She talked about the often unexpected emotions and challenges as people sort through a lifetime of possessions. She explained how to make wise decisions on what to keep, toss or sell, and why it is usually easiest if elder family members are involved, rather than leaving the task to their heirs after their death.

**Issues covered:**

**Length: 8:56**

**Senior Citizens  
Retirement Planning  
Mental Health**

**Tracey Helton Mitchell**, former heroin addict, author of "*The Big Fix: Hope After Heroin*"

Ms. Mitchell shared her story of addiction and recovery. She spent eight years on the streets of San Francisco as a heroin addict, then successfully quit and started life anew. She talked about the common misconceptions about heroin addiction, especially for women, and offered advice for those who are struggling with substance abuse.

**Issues covered:**

**Length: 8:23**

**Substance Abuse  
Women's Issues  
Government Policies**

**Arielle O'Shea**, investing staff writer at NerdWallet.com

It's no secret that Americans need to save more. Ms. O'Shea outlined a recent analysis by NerdWallet that found an alternative approach. She said a 25-year-old could accumulate nearly \$1 million by simply saving and investing 50% of all raises and bonuses over the course of his or her career. She explained why saving for the future is more critical than ever and why this approach may be easier than more traditional plans.

**Issues covered:**

**Length: 4:54**

**Personal Finance  
Retirement Planning**

Show # 2016-15

**Date aired:   4/10   Time Aired:   505**

**Michelle A. Riklan**, employment and career expert, co-author of "*101 Great Ways to Compete in Today's Job Market*"

Mr. Riklan offered marketing ideas for people either looking for a job or hoping to move their careers forward. She explained the critical importance of social media in today's job market and offered tips to optimize a LinkedIn page. She said even people who are secure in their current jobs should be prepared to immediately take advantage of an opportunity at a better job.

**Issues covered:**

**Length: 8:49**

**Employment Matters  
Career**

**Judy Foreman**, nationally syndicated health columnist, author of "*A Nation in Pain: Healing Our Biggest Health Problem*"

According to government statistics, 100 million American adults live in chronic pain. Ms. Foreman discussed the connection between chronic pain and prescription drug addiction. She said exercise is one of the most effective ways to deal with chronic pain. She also discussed reforms in government policies that could allow the healthcare system to better deal with the epidemic of chronic pain.

**Issues covered:**

**Length: 8:30**

**Personal Health  
Drug Abuse  
Government Policies**

**Ciji Ware**, author of *“Rightsizing Your Life”*

Many Baby Boomers are beginning to think about the future and how many material possessions they really need. Ms. Ware believes that more isn't always better. She offered ideas on how to make wise decisions in downsizing, in particular through recycling and donating unneeded items.

**Issues covered:**

**Length: 4:58**

**Charitable Contributions**

**Recycling**

**Consumer Issues**

**Senior Issues**

Show # 2016-16

**Date aired: 4/17 Time Aired: 505**

**Robert Sholly**, domestic counterterrorism expert, retired army colonel who is experienced in both counterterrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

**Issues covered:**

**Length: 9:07**

**Terrorism**

**Personal Protection**

**Emergency Preparedness**

**Shaka Senghor**, author of *“Writing My Wrongs: Life, Death, and Redemption in an American Prison”*

In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

**Issues covered:**

**Length: 7:59**

**Youth at Risk**

**Crime**

**Prison Reforms**

**Minority Concerns**

**Monica Deza, PhD**, Assistant Professor of Economics in the School of Economic, Political and Policy Science at the University of Texas, Dallas

Dr. Deza led a study that found that teen driving curfews might do more than reduce car accidents. They also may prevent teens from committing crimes or becoming pregnant. She talked about the most common crimes committed by teens and why driving restrictions may make a difference.

**Issues covered:**

**Length: 5:07**

**Youth at Risk**

**Crime**

Show # 2016-17

**Date aired: 4/24 Time Aired: 505**

**Steve Case**, entrepreneur, investor, and businessman best known as the co-founder and former Chief Executive Officer and Chairman of America Online, author of *"The Third Wave: An Entrepreneur's Vision of the Future"*

Mr. Case discussed the rapidly changing nature of the Internet. He believes we are entering a dynamic new period of online development, where every part of our lives will rely on Internet connectivity. He sees this new wave defined not by hardware or software but by partnerships—especially between business and government. He predicted that entrepreneurs will dramatically change the way institutions like healthcare, education, and agriculture integrate the Internet into our lives.

**Issues covered:**

**Length: 8:24**

**Internet**

**Employment**

**Government Regulations**

**Ellen Smit, PhD**, Nutritional Epidemiologist, Associate Professor at Oregon State University College of Public Health and Human Sciences

Dr. Smit led a study that examined four barometers of whether someone's behavior could be considered healthy, and the results were dismal. She found that fewer than 3% of all Americans have a genuinely healthy lifestyle. She explained the importance of the four criteria and the health impacts of each. She also offered suggestions for those who would like to make changes to their own lifestyle.

**Issues covered:**

**Length: 8:39**

**Personal Health**

**Obesity**

**Matt Schulz**, Senior Industry Analyst at CreditCards.com

Mr. Schulz said 30 million Americans received a new chip-enabled credit card over the past six months. Mr. Schulz explained the benefits of the new cards. He also talked about the most common complaints by consumers who use them.

**Issues covered:**

**Length: 5:06**

**Personal Finance**

**Consumer Matters**

Show # 2016-18

**Date aired:**     5/1     **Time Aired:**     505    

**Steven Roberts**, college-funding expert, author of *"Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better"*

Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship money and why a student's GPA isn't everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

**Issues covered:**

**Length: 8:38**

**Education**

**Consumer Matters**

**Parenting**

**Laura Adams**, Senior Insurance Analyst at insuranceQuotes.com

A traffic ticket can cause a driver's auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations,



how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

**Issues covered:**  
**Traffic Safety**  
**Consumer Matters**

**Length: 8:35**

**Julia Cameron**, author of *"It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond"*

When someone retires, the newfound freedom can be quite exciting, but also daunting. Ms. Cameron explained how cultivating their creative selves can help seniors navigate this new terrain. She said that retirement can be the most rich, fulfilling and creative time of life. She outlined several tools to get there.

**Issues covered:**  
**Senior Citizens**  
**Retirement Planning**

**Length: 4:57**

Show # 2016-19

**Date aired:** 5/8 **Time Aired:** 505

**Ric Edelman**, nationally-recognized financial advisor, syndicated columnist, author of *"The Truth About Retirement Plans and IRAs"*

Only half of all eligible Americans contribute to a retirement plan. Mr. Edelman explained how the average person can save for a comfortable retirement. He talked about the importance of 401(k)s, and IRAs. He also explained how to determine how much money a person may need in retirement, and the dangers of borrowing money from retirement funds.

**Issues covered:**  
**Personal Finance**  
**Retirement**  
**Senior Issues**

**Length: 8:31**

**James Hubbard, MD**, family physician, author of *"Living Ready Pocket Manual - First Aid: Fundamentals for Survival"*

Dr. Hubbard discussed basic skills that everyone should know in the event of a medical emergency, and basic first aid supplies that every home should have on hand. He outlined steps to stop serious bleeding and what to do in the event someone simply collapses. He also talked about the lifesaving value of automated external defibrillators, which are found in many public places.

**Issues covered:**  
**Emergency Preparedness**  
**Personal Health**

**Length: 8:44**

**Simon Davidoff**, Water Expert and Director, Food & Beverage Industry for Siemens Water Technologies

Mr. Davidoff talked about little-known ways that water is wasted by consumers each year, both directly and indirectly. He explained how businesses are changing their practices to reduce water consumption and what the average person can do to determine and reduce their personal "water footprint."

**Issues covered:**  
**Environment**  
**Consumer Matters**

**Length: 4:58**

Show # 2016-20

**Date aired:** 5/15 **Time Aired:** 505

**Martin Gibala, PhD**, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario

Dr. Gibala led a study that found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. He recommends the plan for occasionally busy days, not as a permanent substitute for longer and more moderate workouts. He said the findings put to rest the common excuse for not getting in shape: there is not enough time.

**Issues covered:**  
**Personal Health**

**Length: 8:52**

**Chris Melde, PhD**, Associate Professor and Director of Graduate Studies, School of Criminal Justice at Michigan State University

Dr. Melde was the co-author of a study of street gang membership. He found that depression and suicidal thoughts or attempts are common among youth who join gangs. He outlined the reasons that many troubled teens join gangs and why gang life causes already significant problems in their lives to become even worse.

**Issues covered:**

**Length: 8:24**

**Youth at Risk  
Mental Health  
Crime**

**Matthias Hollwich**, internationally-recognized architect, author of "*New Aging: Live Smarter Now to Live Better Forever*"

Mr. Hollwich discussed ways that homes and communities can be redesigned to make aging a graceful and fulfilling aspect of life. He discussed changes to specific rooms, to help seniors stay safely in their homes for as long as possible.

**Issues covered:**

**Length: 4:55**

**Home Safety  
Retirement Planning  
Senior Citizens**

Show # 2016-21

**Date aired:   5/22   Time Aired:   505**

**Bart de Langhe, PhD**, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder

Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe led a study that found that there is little correlation between better online user ratings and the quality of a product. He explained why consumer opinions often fail to agree with objective product research by consumer organizations.

**Issues covered:**

**Length: 8:06**

**Consumer Matters**

**W. David Brown, PhD, DABSM, CBSM**, Sleep Psychologist at Children's Medical Center, Dallas, co-author of "*Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed*"

Many Americans believe that less sleep equals more productivity. But Dr. Brown said that sufficient sleep and success go hand in hand. He discussed the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance workplace performance.

**Issues covered:**

**Length: 9:01**

**Personal Health  
Career**

**Judith Prochaska, PhD, MPH**, Associate Professor of Medicine, Stanford University School of Medicine

Dr. Prochaska was the lead author of a study comparing employment in smokers and nonsmokers. She found that after 12 months, smokers were less likely to have found a job than nonsmokers, and those who did earned less than nonsmokers. She explained the reasons that employers may be wary of hiring smokers and how they sometimes screen them out in the hiring process.

**Issues covered:**  
Unemployment  
Personal Health

**Length: 5:03**

Show # 2016-22

**Date aired:** 5/29 **Time Aired:** 505

**Dorothy Espelage, PhD**, bullying and youth violence expert, Professor of Child Development, Department of Educational Psychology, University of Illinois at Urbana-Champaign

Dr. Espelage led a youth survey that explored the prevalence of sexual harassment and sexual violence among middle school youth as well as the locations where these behaviors occur. She said that these incidents are extremely common in schools and that they are a strong predictor of dating violence as students move into high school.

**Issues covered:**  
Sexual Harassment  
Violence  
Parenting

**Length: 9:34**

**Greg Kaplan, PhD**, Assistant Professor of Economics, Princeton University

Roughly one-third of all American families live paycheck-to-paycheck, according to Dr. Kaplan's recent study. Surprisingly, he found that many of these are middle-class families who have decent incomes, but illiquid assets tied up in homes or retirement funds. He explained why this is so common and why it may not be as financially dangerous as it may appear.

**Issues covered:**  
Economy  
Personal Finance

**Length: 7:46**

**Michelle Macy, MD**, Assistant Professor of Emergency Medicine, University of Michigan

Dr. Macy's research found that that 90 percent of parent drivers admitted to distracted driving with kids in the car. She outlined ten types of driving distractions and explained why they are so dangerous. She also offered tips for parents who would like to minimize distractions on the road.

**Issues covered:**  
Traffic Safety

**Length: 4:45**

Show # 2016-23

**Date aired:** 6/5 **Time Aired:** 505

**Tyler J. VanderWeele, PhD**, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University

Those who attend church services on a regular basis may receive more than just spiritual benefits—they may live longer. Dr. VanderWeele led a study that found that women who went to church more than once a week had a 33% lower risk of dying, compared to those who never went. He talked about the potential reasons behind the finding. He said it is conceivable in the future that doctors routinely ask about church attendance during medical checkups.

**Issues covered:**  
Personal Health  
Religion

**Length:** 8:48

**Kostadin Kushlev, PhD**, psychology research scientist, University of Virginia

Smartphones have become part of everyday life. Dr. Kushlev led a study that found that the increasingly pervasive use of digital technology may be causing ADHD-like symptoms even among the general population. He explained why being separated from a smartphone may cause people to experience distraction and getting bored easily when trying to focus.

**Issues covered:**  
Mental Health  
Consumer Matters

**Length:** 8:27

**Carl Cotman, PhD**, Professor of Neurology and Neurobiology, Director of the Institute for Brain Aging and Dementia, University of California, Irvine

Dr. Cotman explained the results of new research into brain health for seniors. The study found that eating almonds, engaging in exercise and participating in brain-stimulating activities can keep aging brain cells in shape. This may delay or prevent Alzheimer's Disease.

**Issues covered:**  
Alzheimer's' Disease  
Health Issues  
Senior Issues

**Length:** 4:56

Show # 2016-24

**Date aired:** 6/12 **Time Aired:** 505

**Charee Thompson, PhD**, Assistant Professor of Communication Studies at Ohio University

Dr. Thompson was the co-author of a study of college students, drinking and social media. She discovered that having an "alcohol identity" puts college students at greater risk of having drinking problems. Her study also found that posting about alcohol use on social media sites is actually a stronger predictor of alcohol problems than having a drink. She discussed possible strategies to reduce alcohol abuse on college campuses.

**Issues covered:**  
Substance Abuse  
Education  
Social Media

**Length:** 6:52

**Iris Bohnet, PhD**, Professor of Public Policy , Behavioral Economist at Harvard University, Director of the Women and Public Policy Program, Co-Chair of the Behavioral Insights Group at the Kennedy School of Government, author of *“What Works: Gender Equality by Design”*

Dr. Bohnet discussed gender equality in the workplace and why it’s good business. She explained why diversity training programs have had limited success. She outlined the latest research into quick and often inexpensive ways that companies can address gender bias and improve performance.

**Issues covered:**

**Length: 10:17**

**Gender Equality  
Women’s Issues  
Workplace Matters**

**Matthew J. Quade, PhD**, Assistant Professor in the Department of Management at the Hankamer School of Business, Baylor University

Unethical behaviors by employees can tarnish an organization’s reputation, lead to considerable monetary losses, and even result in legal prosecutions. Dr. Quade led a study that found that, in many cases, employees will tolerate misdeeds from a coworker who has the reputation of being a high performer. He believes companies need to take a hard look at how they prioritize performance over ethics.

**Issues covered:**

**Length: 4:56**

**Ethics  
Workplace Matters**

Show # 2016-25

**Date aired: \_\_6/19\_\_ Time Aired: \_\_505\_\_**

**Leslie Stahl**, longtime reporter for 60 Minutes, author of *“Becoming Grandma: The Joys and Science of the New Grandparenting”*

Ms. Stahl discussed the profound changes and emotions experienced when someone becomes a grandparent. She talked about the physiological changes that occur in women when they have grandchildren, and the therapeutic effects of grandchildren on both grandmothers and grandfathers. She also explained how heartbreakingly common it is for grandparents to be denied access to their grandchildren.

**Issues covered:**

**Length: 9:15**

**Family Matters  
Senior Citizens  
Child Custody**

**Kevin Kelly**, co-founder and former executive editor of Wired magazine, author of *“The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future”*

Mr. Kelly discussed twelve technological imperatives that he believes will shape the next thirty years and transform our lives. He is optimistic about innovations, from virtual reality in the home to an on-demand economy to artificial intelligence embedded in everything we manufacture. He offered advice to young people who are plotting educational and career paths in a rapidly-changing tech environment.

**Issues covered:**

**Length: 7:55**

**Technology  
Education  
Privacy  
Career**

**Edward G. Brown**, author of *"The Time Bandit Solution: Recovering Stolen Time You Never Knew You Had"*

According to Mr. Brown, 40 to 60% of time at work is squandered by time bandits—co-workers who demand precious time without thinking. He offered suggestions on how to negotiate with time bandits to prevent unwanted, unnecessary and unproductive interruptions.

**Issues covered:**  
**Workplace Matters**  
**Productivity**

**Length: 5:04**

Show # 2016-26

**Date aired: 6/26 Time Aired: 505**

**Michele Borba, EdD**, parenting expert, author of *"UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World"*

Studies have found that kids today are 40% less empathetic than kids were thirty years ago. Ms. Borba explained why kids are more stressed and less happy these days, and what parents can do about it. She explained why having a caring and kind attitude can lead to success later in life.

**Issues covered:**  
**Parenting**  
**Youth at Risk**

**Length: 9:22**

**Brian Christian**, science writer, co-author of *"Algorithms to Live By: The Computer Science of Human Decisions"*

Mr. Christian explained how computer algorithms can be applied to everyday life, helping to solve common decision-making problems. He believes the wisdom of computer science can help consumers to determine when to leave things to chance, how to deal with an overwhelming array of choices and how best to connect with others.

**Issues covered:**  
**Technology**  
**Consumer Matters**  
**Education**

**Length: 7:51**

**Sumir Karayi**, computer expert, CEO of 1E, a software company that helps companies improve their environmental impact

Mr. Karayi discussed the results of a report by the non-profit Alliance to Save Energy and 1E that found that companies are wasting energy and losing sizable amounts of money by leaving computers on 24 hours a day. He explained why companies choose to do this, and what employees can do to convince corporate leaders to change the policy.

**Issues covered:**  
**Energy**  
**Environment**  
**Workplace Matters**

**Length: 4:58**