

Stonecom Quarterly Issues Report

For First Quarter, 2024

January – March

As part of the company's on-going service to the community, Stonecom addressed these issues of significance to the Upper Cumberland during this quarter:

Issue 1: Sleep – Importance, Issues, Disorders

Sleep. It is the most basic of needs and yet, millions struggle to get enough sleep. What is a sleep disorder? How much does stress play into sleep issues? Does the impact of screen time impact our ability to sleep?

Issue 2: Upper Cumberland Historical Sites

Inside the history of some Upper Cumberland treasures. You've heard of these places, but what's the story behind them. We bring it to life.

Issue 3: Artificial Intelligence And Technology

Artificial Intelligence: What is it? How does it work? What are the impacts of the technology? Is it really anything new? What are the impacts for education? How does it impact technology?

The stations sought out guests across our region to discuss these issues on our weekly public affairs program. "Today In The Upper Cumberland" airs each weekend:

Saturday at 6am on 96-9 Highway 111 Country (WUCH), at 7am on Rock 93-7 (WBXE), and 106-9 Kicks Country (WKXD), at 8am on Lite Rock 95.9 (WLQK), and 93-3 The Dawg (WKXD-HD2), at 10am on 101.9/AM 920 (WLIV).

Sunday at 5am on Sports Radio 104.7 (WKXD HD3), 7am on Rock 93-7 (WBXE) and on News Talk 94.1/AM 1600 (WUCT), at 12pm on News Talk 94.1/AM 1600 (WUCT), at 6pm on 96-9 Highway 111 Country (WUCH) and on 101.9/AM 920 (WLIV), at 7pm on 106-9 Kicks Country (WKXD), on Lite Rock 95.9 (WLQK) and and 93-3 The Dawg (WKXD-HD2).

In addition to these issues, Stonecom Cookeville offers more than 70 local news updates per day across its stations.

The stations air local community calendar announcements multiple times per day across all its stations. We also invite local community members to record public service announcements which air across multiple stations.

We also participate in the Tennessee Association Of Broadcasters Public Service Program.

Our stations serve the Upper Cumberland region of middle Tennessee:

WBXE 93-7 – Baxter

WKXD 106-9 – Monterey

WKXD HD-2/93.3 – Monterey

WKXD HD-3/104.7 - Monterey

WLIV 101.9/920 – Livingston

WLQK 95.9 – Livingston

WUCH 96.9 – Cookeville

WUCT 94.1/1600 -- Algood

Issue 2: Inside the history of some Upper Cumberland treasures. You've heard of these places, but what's the story behind them. We bring it to life.

Program Date: January 27-28, 2024

Program Guest: Monique Johnson, Cordell Hull Park Manager

Overview:

Pickett County is home to the Cordell Hull Birthplace State Park. Celebrating the former U.S. Secretary of State, and a longtime Upper Cumberland servant. Monique Johnson is Park Manager for the park.

Key Takeaways:

- Cordell Hull, born to a family of sharecroppers, was a the longest serving Secretary of State in US History
- He was Secretary of State under Franklin D. Roosevelt. He was considered the Father of the United Nations and awarded Nobel Peace Prize later in life. Retired when health declined.
- Park became a place to visit when teacher Tansy Moody Hill became fascinated with saving birthplace. Spent 10 years petitioning state of TN to save birthplace. Was purchased in 1954. Log cabin has been thru 2 preservations since 1954 when purchased.
- On site, there is a museum, artifacts on display including items from Winston Churchill. At park, there are 2 living history events showcasing what it would have been like in Hull's time.

Issue 1: Sleep. It is the most basic of needs and yet, millions struggle to get enough sleep. What is a sleep disorder? How much does stress play into sleep issues? Does the impact of screen time impact our ability to sleep?

Program Date: February 3-4, 2024

Program Guest: Dr. Jim Davis, Scott Clayton CRMC Sleep Center (Part 1)

Overview:

Are common sleep disorders keeping you awake? Well, you're not alone, according to estimates 50-70 million Americans have ongoing sleep disorders. They range from insomnia to more serious issues like sleep apnea. The Cookeville Regional Sleep Center deals with all types of sleep disorders. Many of which have long term impacts on your health.

Key Takeaways:

- Chronic insufficient sleep is related to multiple physical problems.
- 50-70 million Americans have sleep disorders. The biggest sleep disorder is insufficient sleep. It is a major issue for children and teenagers and parents are unaware of how much their child is sleeping. They have many activities and school begins early in the morning.
- Naps are good but a person still needs 7-8 hours of sleep. Try to stay away from late afternoon naps.
- 8 bed sleep center in Cookeville. Test for array of sleep disorders and see a lot of sleep apnea.
- Chronic pain can cause sleep insufficiency but is considered separate issue from a sleep disorder.
- Turning off electronics at night an hour before bed can help with sleep. Introductions to new technology have increased sleep issues.

Issue 1: Sleep. It is the most basic of needs and yet, millions struggle to get enough sleep. What is a sleep disorder? How much does stress play into sleep issues? Does the impact of screen time impact our ability to sleep?

Program Date: February 10-11, 2024

Program Guest: Dr. Jim Davis, Scott Clayton CRMC Sleep Center (Part 2)

Overview:

Are common sleep disorders keeping you awake? Well, you're not alone, according to estimates 50-70 million Americans have ongoing sleep disorders. They range from insomnia to more serious issues like sleep apnea. The Cookeville Regional Sleep Center deals with all types of sleep disorders. Many have long term impacts on your health.

Key Takeaways:

- Insufficient sleep associated with anxiety and depression in children and teenagers
- Television and radio does impact sleep. White noise machines and fans are best to use
- 4 stages of sleep 1. Muscles relax 2. Deeper level of sleep, increasing relaxation, should spend 50% of night in stage 2 sleep. Stage 3 is deepest level of sleep. Stage 4 is REM sleep where dreams occur
- If you get 8 hours of sleep you probably get 4 REM phases, longest one is the last one right before you wake up
- You cycle down into deep sleep in a nap and get abruptly woken up, you can feel worse
- 15 minute daytime nap is ideal length to not get into deeper sleep
- Sleep walking and talking happen in Delta sleep, someone with severe sleep apnea has little REM sleep and may not get into Delta sleep, their brain won't let them stay there
- Most if not all Delta sleep happens the first half of our sleep night

Issue 2: Inside the history of some Upper Cumberland treasures. You've heard of these places, but what's the story behind them. We bring it to life.

Program Date: February 17-18, 2024

Program Guest: Liz Mullins, Mark Dudney of White Plains

Overview:

It was one of the largest plantations in the Upper Cumberland. At one time, its ground served as a home, an inn, a mercantile store, and even a school. Now it is a city owned facility that showcases the heritage and 1800s style of Algood. Today we introduce you to Algood's White Plains with Liz Mullins of the Friends of White Plains, and UCDD's Mark Dudney.

Key Takeaways:

- White Plains was the largest plantations in Upper Cumberland. Last family member lived there in 2012 and held an auction.
- William Quarles named White Plains as he was surveying the area. The prairie looked white in the wintertime. Was a major community between Nashville and Knoxville that predated Putnam County.
- Quarles was murdered in 1814 but his grandson Steven Burton rebuilt the house in 1848. In 1958 it was modernized to current appearance. Added a one story addition that added a kitchen, a bedroom and a bathroom.
- Is on Nat'l Register for Historic Places and is described as a shining example of a home that is in the Colonial Revival style because of update in 1958.
- Mona and Scott Copeland bought property in 2012, wanting to preserve history.
- Andrew and Rachel Jackson have association with house and she made a quilt there. Have receipt with his signature on it. There is a well of three presidents.
- Tennessee Tech has donated furniture to the house. Some of the furniture dates back to the original home. The original settlement of White Plains was a farm of about 1000 acres. There were slave cabins behind the house.
- Anyone who is interested in preserving the house, contact Friends of White Plains.

Issue 3: Inside Artificial Intelligence: What is it? How does it work? What are the impacts of the technology? Is it really anything new? What are the impacts for education? How does it impact technology?

Program Date: March 2-3, 2024

Program Guest: Mack Lunn, Tennessee Tech

Overview:

Can a computer mimic the competencies of the human mind? There's new technology that says the answer is closer than ever to being yes. Artificial intelligence – a 200 billion dollar industry in the United States last year, expected to go to 1.8 trillion by 2030. It has a lot of ramifications in a lot of different areas of our lives. Some of them aren't positive. Mack Lunn is Associate Director of iCube at Tennessee Tech, and he's made a study of artificial intelligence.

Key Takeaways:

- AI is a 200 billion dollar industry, expected to go to trillions by 2030. Artificial Intelligence has grown rapidly. Can render pictures or anything we can think of
- Generative AI is giving a little prompt and AI creating something completely new.
- Guest Mack Lunn believes that AI is a game changer, talked of comparing it to the invention of electricity.
- AI mimics understanding of thoughts, can create anything based on the information given. Plagiarism has become an issue with AI. Cheating and laziness has been on the rise since AI has become more and more popular.
- AI stealing creations is a legitimate concern.
- Artistic element of AI - we may see a purist art movement and then an AI supported movement.
- Could be used in a wrong and illegal way, can steal voices and have them used to ask older people for money. Could ruin reputations, make any kind of video although the subject did not participate.

Issue 3: Inside Artificial Intelligence: What is it? How does it work? What are the impacts of the technology? Is it really anything new? What are the impacts for education? How does it impact technology?

Program Date: March 9-10, 2024

Program Guest: Jason Beach of Tennessee Tech (Part 1)

Overview:

Not many days go by where you don't hear the term "artificial intelligence." Well, consider this – ChatGPT, which is the machine powered language involved with artificial intelligence, set a record in January for the fastest user growth with 100 million active users just two months after its launch. Artificial intelligence is here. As with most technologies, there are opportunities, there are also concerns about AI. Jason Beach is a Tennessee Tech professor who's looking at the way AI and other technologies impact education. He also helps lead a task force to define how AI can be used in higher education.

Key Takeaways:

- AI provides opportunity to explore new things. In general AI is trying to replicate what humans do. Hardware and software has gotten more sophisticated, smaller chips
- AI is learning what is positive and what is negative, training models to respond based on what it's taught. It makes predictions based on what we're looking for.
- Cheating in school has become a major discussion because of AI but faculty defining clear boundaries has avoided several problems, though not all.
- AI generates NEW material, is not the same as plagiarism.
- AI is not always correct, but very convincing, cites facts that could be made up completely.
- What the average consumer has, is "a water drip from the faucet." AI is actually "a fire hydrant".
- Microsoft owns a huge chunk of open AI stock.

Issue 3: Inside Artificial Intelligence: What is it? How does it work? What are the impacts of the technology? Is it really anything new? What are the impacts for education? How does it impact technology?

Program Date: March 16-17, 2024

Program Guest: Jason Beach of Tennessee Tech (Part 2)

Overview:

Not many days go by where you don't hear the term "artificial intelligence." Well, consider this – ChatGPT, which is the machine powered language involved with artificial intelligence, set a record in January for the fastest user growth with 100 million active users just two months after its launch. Artificial intelligence is here. As with most technologies, there are opportunities, there are also concerns about AI. Jason Beach is a Tennessee Tech professor who's looking at the way AI and other technologies impact education. He also helps lead a task force to define how AI can be used in higher education.

Key Takeaways:

- The more details you give, the more detailed AI will be.
- Companies are trying to reign in the use of AI.
- There are many positives about AI, can help teach students about lots of different things and allows them to see and experience what they couldn't without AI.
- AI can replicate school scenarios and it generate examples. Helps with training and practice, Behavior simulation
- Should AI be used in schools?
- How far we've come from the first uses of the internet to now with AI. Haven't even seen the tip of the iceberg with it.

Issue 2: Inside the history of some Upper Cumberland treasures. You've heard of these places, but what's the story behind them. We bring it to life.

Program Date: March 23-24, 2024

Program Guest: Lindsay Ferrier, Rugby Expert

Overview:

Right at the junction of Fentress, Morgan, and Scott Counties lies the historic community of Rugby. No doubt you've heard of Rugby, but do you know the story behind the community? Today, a Lindsay Ferrier, a local volunteer who fell in love with the story of Rugby, recounts that story.

Key Takeaways:

- Tom Brown's School Days became a bestseller in England. Tom wanted to create a utopia and settled on the Big South Fork area, calling the area magical.
- Convinced investors and people to come and create the village of Rugby, which was the name of Tom's school in Tom Brown's School Days. The tabloids covered this widely about his adventures coming to the new world. Tom wanted a way to make a fortune working together in this utopia.
- One of the most well-known architects in the world worked on Rugby. Rugby features the oldest swimming hole in the United States. Those in the utopia didn't want to work – they were the elite. Colony lasted about 10 years, then fell apart and everyone scattered.
- The library is the crown jewel – many books donated to library from London, the oldest book is from the 1600s, only a handful are missing
- Wealthy British people came and joined farmers and land workers, but ultimately many friendships were forged
- Many people come to Rugby to hike and for the history. The history of Rugby is fascinating, but the 75 villagers in Rugby that live there are truly what brings people back.

Issue 1: Sleep. It is the most basic of needs and yet, millions struggle to get enough sleep. What is a sleep disorder? How much does stress play into sleep issues? Does the impact of screen time impact our ability to sleep?

Program Date: March 30-31, 2024

Program Guest: Dr. David Henson, Sleep Medicine Doctor

Overview:

Are common sleep disorders keeping you awake? Well, you're not alone, according to estimates 50-70 million Americans have ongoing sleep disorders. They range from insomnia to more serious issues like sleep apnea. Dr. David Henson, Sleep Medicine Doctor, addresses sleep apnea and the health issues that can arise from sleep disturbances.

Key Takeaways:

- Sleep Apnea causes the throat to close off during sleep. We make a lot of adrenaline while we are struggling to sleep at night with apnea, causing our heart rate to go up and our oxygen levels to go down, which is bad for the heart, and can lead to atrial fibrillation and stroke.
- We are making a lot of chemicals during apnea and those chemicals keep us awake and when we finally do fall into deeper sleep, we stop breathing and the cycle repeats, for some patients it can happen more than 100 times in a given night. If you don't sleep well your immune system is compromised and you will get sick more frequently.
- All hormones are tied into sleep, and apnea causes hormones like thyroid, testosterone, estrogen etc. all to be off balance, all are tied to sleep.
- The south has the highest BMI in the country, which means in the south obesity is higher making apnea more common.
- Diagnosis is done by a physician with sleep tests
- CPAP machines are traditional treatment – continuous positive airway pressure – which keeps the throat open at night, which eliminates the snoring and the apnea.