

STATION: WMJO

QUARTER: 3 YEAR: 2023

DESCRIPTION OF ISSUE	PROGRAM/SEGMENT	DATE	TIME	DURATION	NARRATION OF TYPE & DESCRIPTION OF PROGRAM OR SEGMENT
Morgan Wright talks about scammers	This Week In Mid-Michigan	03/05	6:30AM	10:55	Morgan Wright Cyber Security Analyst: What are common ways we betray our personal information
Ryan Parrot tells Mike about foundations helping our veterans	This Week In Mid-Michigan	03/05	6:30AM	10:50	Ryan Parrot Navy SEAL Ryan shares details on his fight against veteran suicide.
Does a low calorie diet help with slowing down aging	This Week In Mid-Michigan	03/12	6:30AM	13:05	Dr. Mary Warren Wellness Expert When less is more: new research shows a calorie restricted diet slows aging/
Sports memorabilia how profitable is it?	This Week In Mid-Michigan	03/12	6:30AM	10:15	Lorrie Oberlin Michigan Antique Festivals How valuable might your sports memorabilia be?
Maple Syrup in Michigan	This Week In Mid-Michigan	03/12	6:30AM	7:35	Mary Fogle Douglas Maple Syrup Expert Things get sticky as Mike and Mary discuss the maple syrup industry in Michigan.
Michael Fitch talks about bad attitudes of parents at sporting events	This Week In Mid-Michigan	03/19	6:30AM	10:00	Michael Fitch Texas Association of Sports Officials: Could parents with bad attitudes at children's sporting events cause their respective teams to receive a penalty?
Bill Tingle talks about work meetings and their usefulness	This Week In Mid-Michigan	03/19	6:30AM	7:00	Bill Tingle Founder & CEO - Tingle Leadership Are work meetings ceasing to exist and why?
Shelly loving talks about the health of your brain	This Week In Mid-Michigan	03/19	6:30AM	8:48	Shelly Loving Healthy Living Expert: Can you regulate brain health with a better diet?

The latest on Cyber news with Jonathan Taylor	This Week In Mid-Michigan	03/19	6:30AM	6:14	Jonathan Taylor Cyber Security Analyst: Who controls your home smart devices? Jonathan talks about the privacy risks we take when we connect to the Internet of Things.
Chuck Lippstreu talks about Michigan Agriculture	This Week In Mid-Michigan	03/26	6:30AM	10:30	Chuck Lippstreu Michigan Agribusiness Association: March is Michigan Food and Agriculture Month.
How can we deal with our anxiety and panic attacks	This Week In Mid-Michigan	03/26	6:30AM	9:19	Dr. Jon Braccio Regional Psychological Services - East Lansing: Dr. Braccio lets us know how best to deal with anxiety and panic attacks.
Is your boss replaceable? Can AI be your boss?	This Week In Mid-Michigan	03/26	6:30AM	9:35	Joel Patterson Vested Group: Could your boss or supervisor become an AI?
Jesus talks etiquette!	This Week In Mid-Michigan	04/02	6:30AM	12:01	Jesus Garcia Etiquette Expert: Jesus reveals the meanings and origins of several popular names.
Natalia talks the history of exercise	This Week In Mid-Michigan	04/02	6:30AM	11:03	Natalia Petrzela Historian - Contemporary American Culture: How has the history of exercise changed in America
Jonathan talks about baseball's opening day and Athletic Estates	This Week In Mid-Michigan	04/02	6:30AM	6:35	Jonathan Hoeflinger Athletic Estates: With MLB opening day today, Mike chats with Johnathan about the upcoming season and rule changes.
Tim Heller talks AI and the possible pitfalls	This Week In Mid-Michigan	04/09	6:30AM	7:34	Tim Heller Voice Actor: Tim and Mike discuss new issues arising from the proliferation of AI-generated speech, including phone scams using the deepfaked voice of a family member, and threatened job security for Voice-over artists, narrators, and other kinds of vocalists.
Leonard Weiss talks drunk purchases	This Week In Mid-Michigan	04/09	6:30AM	11:22	Leonard Weiss Psychologist: What percentage of Americans bought a "drunk" purchase throughout the last year?

Dan Hooper talks the rise of less kids going to college	This Week In Mid-Michigan	04/09	6:30AM	9:25	Dan Hooper Author Fleece U-Are students opting out of college more and more as time passes by?
Bill Walsh talks about young people losing status with bosses	This Week In Mid-Michigan	04/16	6:30AM	9:41	Bill Walsh Business Strategist:Why are young workers losing favor with employers?
Dr. Good talks about the IQ of people	This Week In Mid-Michigan	04/16	6:30AM	9:39	Dr. Rebecca Good Education Expert: Are humans growing dumber? Why are IQ levels on the decline?
Rick Preuss talks about the negative effects of chocolate for your pets	This Week In Mid-Michigan	04/16	6:30AM	10:47	Rick Preuss Preuss Pets:How bad are leftover chocolate and candy for your family pet?
Matt Flechter talks about recycling.	This Week In Mid-Michigan	04/23	6:30AM	10:22	Matt Flechter EGLE Recycling Raccoon Squad: There are benefits beyond environmental conservation in recycling.
Brian Smith talks about nanomedicine and how it can help heart disease	This Week In Mid-Michigan	04/23	6:30AM	11:56	Brian SmithAssociate Professor of Biomedical Engineering - Michigan State University: Could nanomedicine be the answer to curing heart disease?
Gentle Parenting what is it and how can we help our kids succeed	This Week In Mid-Michigan	04/23	6:30AM	8:57	Alison Bogle Parenting Expert - Austin Family Magazine: What is gentle parenting?
David Cathy gives us interviewing tips	This Week In Mid-Michigan	04/30	6:30AM	8:43	David Cathy Hiring Expert - Unity Search Group Some interview tips for that summer job.
Bill Walsh on companies hiring older rather than younger people	This Week In Mid-Michigan	04/30	6:30AM	10:23	Bill Walsh Author - The Obvious Why are companies hiring older workers opposed to the younger generation?
Andrew Reed talks Netflix's lawsuit	This Week In Mid-Michigan	04/30	6:30AM	7:07	Andrew Reed Attorney at Law:Our weekly look at the hottest legal cases: this week we look at a man suing Netflix, claiming

					the streaming company used his image in a true crime documentary without permission.
Tanya Powers talks about the loss of Harry Belafonte	This Week In Mid-Michigan	04/30	6:30AM	5:03	Tonya J. Powers FOX News Radio: Musician, actor and activist Harry Belafonte, known best for "The Banana Boat Song" has passed away at age 96.
What kinds of jobs are available for your teen this summer?	This Week In Mid-Michigan	05/07	6:30AM	7:50	Dylan Schafer Michigan Department of Technology, Management and Budget With summer starting next month, what kinds of summer jobs are available for teens this year?
Robert Near talks about how we can help our veterans!	This Week In Mid-Michigan	05/07	6:30AM	12:19	Robert Nearr Michigan Veterans Affairs May is Military Appreciation Month. How can we show our appreciation to our military both past and present beyond Memorial Day?
How is the writers strike going to affect entertainment	This Week In Mid-Michigan	05/07	6:30AM	9:51	Brant Pinvidic Film / TV Producer How will the Writer's Guild strike affect our entertainment?
What should you get your mom for Mothers day	This Week In Mid-Michigan	05/14	6:30AM	6:20	Jamee Hill Motivational Speaker: What does your mom want this year for Mother's Day?
Mr. Caruso talks living pay check to pay check	This Week In Mid-Michigan	05/14	6:30AM	6:15	Christopher Caruso Author - the Parent's Guide to Turning Your Teen into a Millionaire: Are you living paycheck to paycheck?
How to start your day off right	This Week In Mid-Michigan	05/14	6:30AM	8:47	Shelly Loving Nutrition Health Coach: If you're looking to get the most out of your day, Shelly suggests you start by eating a healthy breakfast.

How to get back in the groove after job burnout	This Week In Mid-Michigan	05/14	6:30AM	10:00	Jamee Hill Motivational Speaker:How to recover from job burnout.
AI misidentified an innocent man	This Week In Mid-Michigan	05/21	6:30AM	6:25	Lt. Randy Sutton Public Safety Analyst: An innocent man was sentenced to 30 years after an AI misidentified him as a perp.
Ed Butowsky on adult children and their money troubles	This Week In Mid-Michigan	05/21	6:30AM	9:25	Ed Butowsky Financial Strategist: Ed weighs in on how parents are giving their adult children more money than they're putting in their accounts.
Andrew Sternke tells us what to do when an unknown number reaches out to us	This Week In Mid-Michigan	05/21	6:30AM	8:55	Andrew Sternke DarkBox Security Systems: What to do when an unknown number sends you a text with a link?
Travel around with Dave Lorenz	This Week In Mid-Michigan	05/21	6:30AM	6:47	Dave Lorenz Travel Michigan: Where is Dave on this week's edition of Your Morning Wake-Up?
How is the Michigan DNR gearing up for Memorial Day weekend	This Week In Mid-Michigan	05/28	6:30AM	7:24	Ron Olsen Chief of Parks and Recreation - Michigan DNR:The Michigan DNR is gearing up for a busy Memorial Day weekend.
Davon Woods talks about the need to show love and awareness for foster kids	This Week In Mid-Michigan	05/28	6:30AM	5:01	Davon Woods Foster Kids Matter:Davon and his twin brother Tavon are walking across the country to raise awareness for foster children.
Dr. Daryl Gioffre says we could be eating ourselves to death	This Week In Mid-Michigan	05/28	6:30AM	11:08	Dr. Daryl Gioffre Longevity Expert Are we eating ourselves to death?
Dr. John Braccio talks to importance of letting the parents parent	This Week In Mid-Michigan	05/28	6:30AM	8:02	Dr. John Braccio Regional Psychological Services - East Lansing: Dr. Braccio explains how important it is for Grandparents to respect the boundaries set by their grandchildren's parents.
Are you taking enough vacation time?	This Week In Mid-Michigan	06/04	6:30AM	9:30	Janee Hill Business consultant: Americans aren't taking enough vacation time.

Michael Lin talks about managing millennials and gen z	This Week In Mid-Michigan	06/04	6:30AM	10:27	Michael Lin Leadership Expert: What management strategies are most effective in managing Millennials and Gen Z?
Darin Kidd talks about job satisfaction	This Week In Mid-Michigan	06/04	6:30AM	6:05	Darin Kidd Coach and Speaker: Is the US citizen job satisfaction at an all time high?
Could Michigan see a drought?	This Week In Mid-Michigan	06/04	6:30AM	5:06	Jim Geyer Meteorologist: Are we entering a drought?
Will we have a tick filled season?	This Week In Mid-Michigan	06/11	6:30AM	9:30	Jeff Monosso FOX News Radio Mike and Jeff are bugged - ticked even - about projections of a record tick season. Watch out for those bloodsuckers!
What is inflation doing to Americans?	This Week In Mid-Michigan	06/11	6:30AM	10:34	Kristina Schuler Financial Expert How is inflation affecting the average American?
Is the Haze from the Canadian Wildfires hurting Michigan's golf time?	This Week In Mid-Michigan	06/11	6:30AM	8:25	Chris Whitten Michigan Golf Association How is the haze affecting golf courses around the mitten state?
Traveling and Michigan where should you go?	This Week In Mid-Michigan	6/18	6:30AM	8:00	With Dave back from vacation, Mike and Dave discuss his trip and the latest on travel around the state.
Father's eve what is it and how can we celebrate	This Week In Mid-Michigan	6/18	6:30AM	5:00	The creator of Father's Eve talks with Mike about the creation of Father's Eve.
Noah is excited about becoming a father for the first time	This Week In Mid-Michigan	6/18	6:30AM	5:00	Mike and Noah talk about the joy and journey of being a Father, ahead of the birth of Noah's firstborn.
the virtue of fatherhood	This Week In Mid-Michigan	6/18	6:30AM	11:00	A look at Father's Day and the heroic virtue behind it.
Summer reading with your kids	This Week In Mid-Michigan	06/25	6:30AM	10:25	Mike and Jolee discuss the joys of summer reading.
What are the struggles with Gen Z in the workplace	This Week In Mid-Michigan	06/25	6:30AM	13:40	Gen Z is struggling to follow "suit" in the workplace.
Jazz singer from Owoosso stops in	This Week In Mid-Michigan	06/25	6:30AM	8:30	Ryan talks about his new album that was just recently released.



Call Letters: WMJO

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2023

Show # 2023-14

Date aired: 4/2/23 **Time Aired:** 6 AM

H Penny Mishkin, Columbia University occupational therapist, author of *“How I See It: A Personal and Historical View of Disability”*

Ms. Mishkin discussed the difficulties faced by disabled children, and the crucial importance of therapy, services and support to help them. She shared her personal story of severe vision disabilities as a child, and eventual blindness as an adult. She said living with a disability is akin to taking a detour in life, and that with the right outlook, disabled people can still live a purposeful and happy life.

Issues covered:

Length: 8:40

Disability Awareness and Support

Rob Docters, Partner and Head of Ethics Practices at Abbey Road, LLP, co-author of *“Ethics and Hidden Greed: Your Defense against Unethical Strategies and Violations of Trust”*

Consumer scams, frauds, and unethical gouging are on the rise, causing significant financial and emotional harm to unsuspecting individuals and exacerbating economic inequalities. Mr. Docters discussed the factors behind the jump in fraud. He explained why it is often hard to recognize fraud or scams on social media.

Issues covered:

Length: 8:43

**Crime
Consumer Matters
Ethics**

Beau Kilmer, PhD, McCauley Chair in Drug Policy Innovation, at the RAND Corporation and Co-Director, RAND Drug Policy Research Center

Alcohol is the third-leading cause of preventable death in the US, with alcohol-impaired driving alone claiming 11,654 lives in 2020. Dr. Kilmer shared the results of a RAND study of a unique statewide alcohol-monitoring program in South Dakota. The 24/7 program requires repeat drunk drivers to be tested twice per day for alcohol use. The study found that the participants in the program had a roughly 50% lower chance of death.

Issues covered:

Length: 5:09

**Drunk Driving Prevention
Substance Abuse**

Show # 2023-15
Date aired: 4/9/23 **Time Aired:** 6 AM

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

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

Issues covered: **Length: 8:53**
Whistleblowing
Crime
Government Regulations

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

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

Issues covered: **Length: 8:21**
Education
Career

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

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

Issues covered: **Length: 4:54**
Personal Health
Minority Concerns

Show # 2023-16
Date aired: 4/16/23 **Time Aired:** 6 AM

ChatGPT, an artificial-intelligence (AI) chatbot

ChatGPT was launched as an artificial intelligence prototype on November 30, 2022, quickly gaining global attention for its detailed responses and articulate answers across many topics. It explained how it was trained and learns, and what its biggest weakness are. It acknowledged that the concerns about potential biases in its answers are legitimate. It also outlined the top 5 human endeavors in which it anticipates making the biggest impact.

Issues covered: **Length: 9:29**
Artificial Intelligence
Technology
Employment

Andrew Houtenville, PhD, Professor of Economics at the University of Hampshire, Research Director of the UNH Institute on Disability

Prof. Houtenville discussed recent findings from the National Trends in Disability Employment report, issued by Kessler Foundation and the University of New Hampshire. He explained what is driving historic highs in employment of people with disabilities, and why disabled employment has outstripped the non-disabled since the start of pandemic lockdowns.

Issues covered:
Disabilities
Employment

Length: 7:59

Erin Dooley, PhD, Assistant Professor of Epidemiology at the University of Alabama at Birmingham School of Public Health

Prof. Dooley was the lead researcher of a study that measured the number of daily steps that may make a difference in the risk of heart problems in senior citizens. Her study of people ages 70 and older found walking an additional 500 steps per day (that is, an additional quarter mile of walking) was associated with a 14% lower risk of heart disease, stroke or heart failure.

Issues covered:
Personal Health
Senior Citizens

Length: 5:06

Show # 2023-17 4/23/23
Date aired: _____ **Time Aired:** 6 AM

Matthew Berger, Executive Director of the non-profit Foundation to Combat Antisemitism

According to FBI statistics, Jews make up approximately 2.4% of the U.S. population yet are victims of nearly 1 in 10 of all hate crimes. Mr. Berger's organization launched a \$25 million national effort to combat indifference and ignorance surrounding antisemitism. He explained how people can stand up to fight antisemitism, the same way they would fight racism, gender inequality or other injustices in their community.

Issues covered:
Antisemitism
Crime

Length: 7:59

Mark R. Rank, PhD, Herbert S. Hadley Professor of Social Welfare at Washington University in St. Louis, author of "*The Poverty Paradox: Understanding Economic Hardship Amid American Prosperity*"

Prof. Rank discussed the reasons why the wealthiest country in the world also has the highest rates of poverty among industrialized nations. He said an average of 10-15% of the US population is below the poverty line at any given time. He blames low-paying jobs that make it difficult to escape poverty, plus what he views as an inadequate social safety net.

Issues covered:
Poverty
Economy
Government Policies

Length: 9:24

Sarah J. Clark, MPH, Research Scientist in the Department of Pediatrics and Co-Director of the C.S. Mott Children's Hospital National Poll on Children's Health at the University of Michigan

For many teens, that first formal job is a rite of passage. Prof. Clark shared the results of her organization's survey of parents, exploring their views of the pluses and minuses of teenage employment. She said 3/4s of parents of working teens believe a job has had a positive impact on the teen's money management skills and self-esteem.

Issues covered:
Teen Employment
Parenting

Length: 5:12

Show # 2023-18 **4/30/23**
Date aired: _____ **Time Aired:** **6 AM**

Malia Hollowell, National Board-Certified teacher, Founder/CEO of The Reading Roadmap, which develops literacy training for teachers, author of "*The Science of Reading in Action: Brain-Friendly Strategies Every Teacher Needs to Know*"

67% of American students are unable to read at grade-level. Ms. Hollowell said there are decades of research available to improve reading programs, but it is generally ignored. She said it's critical that teachers and parents learn about the research. She also addressed the special challenges faced by children whose native language is not English.

Issues covered:
Child Literacy
Education

Length: 7:50

Laura Tremaine, podcaster, author of "*The Life Council: 10 Friends Every Woman Needs*"

Ms. Tremaine discussed the complexities of friendships. She said making, keeping, and even releasing friends doesn't need to be as hard as we make it. She explained the importance of creating a circle of genuine friends over a lifetime, as opposed to social media "acquaintances."

Issues covered:
Personal Relationships
Mental Health
Women's Issues

Length: 9:26

Joseph Alton, MD, board-certified obstetrician and pelvic surgeon, co-author of the "*The Survival Medicine Handbook: The Essential Guide for When Help is NOT on the Way*"

Dr. Alton offered tips to be prepared in the event that a natural disaster took away the high-technology medical services we take for granted. He outlined the basic supplies that every household should have on hand in a medical kit. He also explained the steps need to provide emergency assistance to someone who is bleeding badly.

Issues covered:
Emergency Preparedness
Personal Health

Length: 4:57

Show # 2023-19 5/7/23 Time Aired: 6 AM
Date aired: _____

Sarah Foster, Analyst and Principal U.S. Economy Reporter at Bankrate.com

While inflation may be cooling, Ms. Foster explained why Americans could be feeling its impact for years to come. She discussed the economy's impact on emergency savings, retirement contributions and covering day-to-day expenses. She also explained why even when inflation eventually slows, prices won't necessarily fall across the board.

Issues covered:

Length: 7:23

**Inflation
Personal Finance**

Paul McLane, Editor in Chief of Radio World, a publication for technology-minded broadcast owners, managers and engineers

Automakers like Tesla, BMW and Ford have recently announced their intentions to cut AM radio from new models, particularly electric vehicles. Mr. McLane discussed the valuable service AM radio still provides for public safety and entertainment, and explained what AM's 84 million listeners can do to voice their opinion to automakers and legislators. He also discussed the potential danger posed to FM radio by the new trend.

Issues covered:

Length: 9:54

**Media
Emergency Preparedness
Consumer Matters**

Robert Hyldahl, PhD, Assistant Professor of Exercise Sciences, Brigham Young University

Dr. Hyldahl co-authored a study that found that running appears to reduce inflammation in the knee joint—not increase it, as commonly believed. He said his research suggests that running may actually protect knees during the aging process, and safeguard against degenerative diseases like osteoarthritis.

Issues covered:

Length: 5:01

**Personal Health
Aging**

Show # 2023-20 5/14/23 Time Aired: 6 AM
Date aired: _____

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

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

Issues covered:

Length: 9:27

**Child Safety
Parenting**

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

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

Issues covered:

Length: 7:44

**Medical Errors
Emergency Care**

Jill Gonzalez, Senior Analyst at WalletHub, a personal finance website

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

Issues covered:

Length: 4:50

**Youth At Risk
Violence
Poverty**

Show # 2023-21

Date aired: 5/21/23 **Time Aired:** 6 AM

Burton Malkiel, Chemical Bank Chairman's Professor of Economics at Princeton University, author of the classic finance book "*A Random Walk Down Wall Street: The Best Investment Guide That Money Can Buy*"

Mr. Malkiel's book, written 50 years ago, pioneered the advent of index mutual funds for the average investor. He explained why an individual who saves consistently over time and buys a diversified set of index funds can achieve above-average investment results. He believes that most average investors do not need an investment advisor in order to prepare for retirement.

Issues covered:

Length: 8:30

**Personal Finance
Retirement Planning**

Theresa Gildner, PhD, Assistant Professor of Biological Anthropology in Arts & Sciences at Washington University in St. Louis

Most Americans view parasitic infections as a problem of the past or one that only impacts low-income countries. However, Prof. Gilder shared new research that discovered that the problem is likely widespread in low-resource communities throughout southern US. Her study found that environmental conditions, combined with infrastructural neglect and inadequate access to health care, create the perfect breeding ground for these infections. She explained how to recognize the infection and what treatments are available.

Issues covered:

Length: 8:37

**Public Health
Poverty
Food Safety**

Eduardo Cotilla-Sanchez, PhD, Associate Professor in the School of Electrical Engineering and Computer Science at Oregon State University

Prof. Coteilla-Sanchez outlined his concerns that the nation's power transmission grid is at risk of cyber-attack. He has researched a scenario in which hackers manipulate smart meters to create an oscillation in electricity demand, potentially creating brown-outs or even a massive power outage affecting much of the country. He outlined steps that power companies need to take to guard against this form of attack.

Issues covered:
Infrastructure
Cyber Attacks

Length: 5:10

Show # 2023-22
Date aired: 5/28/23 **Time Aired:** 6 AM

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

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

Issues covered:
Estate Planning
Senior Citizens
Parenting

Length: 8:22

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

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

Issues covered:
Juvenile Crime
Parenting

Length: 8:54

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

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

Issues covered:
Hunger
Poverty
Government Programs
Volunteerism

Length: 4:58

Show # 2023-23 6/4/23 Time Aired: 6 AM
Date aired: _____

Adam Katchmarchi, PhD, Executive Director of the National Drowning Prevention Alliance, Assistant Professor in the Department of Kinesiology, Health, and Sport Sciences at Indiana University of Pennsylvania

Drowning is the leading cause of death among children ages 1-4 and the second leading cause of injury-related death among children up to age 14. As the busiest water activity season is upon us, Prof. Katchmarchi offered five recommendations for parents to keep their children safe.

Issues covered:
Drowning Prevention

Length: 8:31

Heidi K. Gardner, PhD, Distinguished Fellow at Harvard Law School's Center on the Legal Profession and Program Chair of the Sector Leadership Master Class and Smarter Collaboration Master Class, author of "*Smarter Collaboration: A New Approach to Breaking Down Barriers and Transforming Work*"

Prof. Gardner discussed recent research and offered advice to help companies thrive by collaborating more effectively. She said collaboration skills are surprisingly rare, especially among men. She explained why firms that collaborate smarter consistently generate higher revenues and profits, boost innovation, strengthen client relationships, and attract and retain better talent.

Issues covered:
Workplace Matters
Diversity
Career

Length: 8:52

Susan Carpenter, Native Plant Garden Curator at the University of Wisconsin-Madison Arboretum

"No mow" initiatives are becoming an increasingly popular springtime effort to help support bees, butterflies and other pollinators. Ms. Carpenter explained why mowing grass too short can cut the tops off flowering plants, creating lawns that are inhospitable for pollinators seeking habitats in which to feed, rest and nest. She said a good first step to help pollinators is to stop treating a lawn with chemicals, then allow grass to grow to around six inches before it's cut to roughly four inches.

Issues covered:
Environment

Length: 5:08

Show # 2023-24 6/11/23 Time Aired: 6 AM
Date aired: _____

Andres Lares, Managing Partner at Shapiro Negotiations Institute, co-author of "*Persuade: The 4-Step Process to Influence People and Decisions*"

Millions of college students have graduated recently and are ready to enter the workforce. Mr. Lares said the more a job applicant prepares, the more confident they will feel — and projecting confidence is essential to doing well in a job interview. He explained how to research a company and the position prior to a job interview, how to negotiate the compensation and how prepare questions for the interviewer.

Issues covered:
Employment
Career

Length: 8:35

Jean M. Twenge, PhD, Professor of Psychology at San Diego State University, author of *"Generations: The Real Differences between Gen Z, Millennials, Gen X, Boomers, and Silents—and What They Mean for America's Future"*

Prof. Twenge outlined the unique characteristics and experiences of different generations, explaining how they shape America's future. She said the era in which person grows up has a much greater influence than their parents on their personality traits. She also talked about the huge influences of technological advances on each generation and the recent increase in clinical depression in teens, which directly correlates with the advent of smartphones and social media.

Issues covered:

Length: 8:45

**Parenting
Mental Health
Substance Abuse**

Karen Tiber Leland, Marketing and Management Consultant, Founder and President of Sterling Marketing Group, a branding and marketing strategy firm, author of *"The Brand Mapping Strategy: Design, Build and Accelerate Your Brand"*

Ms. Leland said ignoring the trend of AI and chatbots in business and personal branding is a significant mistake. She offered seven tips to optimize the value of AI language models (such as the hyper-popular ChatGPT) to build thought leadership, raise capital, find investors, sell a company, entice potential employees or convert customers.

Issues covered:

Length: 5:00

**Entrepreneurship
Career**

Show # 2023-25

Date aired: 6/18/23 **Time Aired:** 6 AM

Martin J. Schreiber, former Governor of Wisconsin, Alzheimer's caregiver and advocate, author of *"My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver"*

More than 11 million Americans currently care for someone with Alzheimer's disease or other forms of dementia. Gov. Schreiber took care of his wife, Elaine, for nearly 20 years, until her death from Alzheimer's in 2022. He shared their story, and offered advice and encouragement for the millions of Americans in similar circumstances.

Issues covered:

Length: 8:40

Alzheimer's Disease

Jessie Ryan, Vice President of The Campaign for College Opportunity

Each year, hundreds of thousands of students start at community colleges, hoping to transfer to a university later. However, for some students, the transfer process becomes a maze so confusing, it derails their college plans. Ms. Ryan explained a problem described as "credit loss," when students take classes that never end up counting toward a degree. She discussed the reasons that universities refuse to accept credits, sometimes from classes that utilize the identical textbook as the university's class.

Issues covered:

Length: 8:44

**Community College
Higher Education**

Robert Wilson, PhD, Assistant Professor of Psychology and Cognitive Science, Arizona State University

Educational scholars have long recognized that there is something of a "sweet spot" when it comes to learning. Prof. Wilson led a study using artificial intelligence that determined the sweet spot is when failure occurs 15% of the time. Put another way, it's when the right answer is given 85% of the time. He explained what parents and teachers can learn from the study.

Issues covered:
Education
Parenting

Length: 5:06

Show # 2023-26

Date aired: 6/25/23 **Time Aired:** 6 AM

Read Hayes, PhD, Research Scientist at the University of Florida, Director of the Loss Prevention Research Council

Retailers, politicians and police departments have sounded the alarm about a rapid increase in retail theft, and are calling for stricter enforcement and prosecution to fight it. Prof. Hayes outlined the scope of the problem, and the role of organized theft rings in its growth. He also explained the multiple impacts on consumers, and what steps may slow down the problem.

Issues covered:
Crime
Consumer Matters

Length: 8:40

Kevin Lanza, PhD, Assistant Professor at UTHouston School of Public Health at The University of Texas

Prof. Lanza led a recent study that found that children and teenagers who had volunteered in the past year were in better physical health, had a more positive outlook on life, and were less likely to have anxiety, depression, or behavioral problems compared to their peers who did not volunteer. He outlined the many volunteering opportunities available to young people.

Issues covered:
Volunteerism
Youth
Parenting

Length: 8:44

Beth C. Truesdale, PhD, Research Fellow at the W.E. Upjohn Institute for Employment Research, Visiting Scholar at the Harvard Center for Population and Development Studies, co-editor of "*Overtime: America's Aging Workforce and the Future of Working Longer*"

Many retirement planners advise clients to try to delay retirement to age 70 and spend more years in the paid labor force. Prof. Truesdale discussed the myriad of reasons that goal may be impossible for many people in their 50s and 60s, particularly those who are already disadvantaged.

Issues covered:
Employment
Retirement Planning

Length: 5:06