

Quarterly Issues/Programs List

There follows a listing of some of the significant issues responded to by station KGMT/KUTT, Fairbury, Nebraska, along with the most significant programming treatment of those issues for the period of October 1 2023 through December 31, 2023. 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 and description of Program
General Health	Healthy Living	Mon-Fri	12:40 pm	1:30 min	This is a pre-recorded program that covers all areas of health, including cancer, influenza, aging, etc.
Local Interest	Community Calendar	Mon-Fri	12:30 pm	2-4 min	Daily rundown of public service announcements and community events happening throughout our coverage area.
Public Interest	News Story	10/2/23	7am, 12p, 5p	1:00	At the end of water sampling of Nebraska lakes for this year, Nebraska Health officials say three more bodies of water were placed on alert status, for the presence of toxic blue-green algae. The lakes include Iron Horse Trail Lake in Pawnee County...Willow Creek Reservoir in Pierce County....and Glenn Cunningham Lake in Douglas County. Even though water quality testing is coming to a close for the season, state health officials say harmful algae blooms can persist into the fall.
Public Interest	News Story	10/4/23	7am, 12p, 5p	2:00	Residents who live in the Liberty, Nebraska area are ratcheting up the pressure on Gage County officials, urging them to deny a permit for a huge, confined animal feeding operation near the village. They used the public forum section of Wednesday's Gage County Board meeting again, to oppose the plan. Steve McDowell is concerned about livestock trucks along a road in the proposed project area. Opponents of the project have cited groundwater concerns, potential odors, effects on property valuations and the condition of South 176th Road. It is a township road, for which Island Grove Township has maintenance responsibilities...not the county.
Public Interest	News Story	10/9/23	7am, 12p, 5p	2:00	The City of Mahaska, Kansas is planning on building a new water tower for the town. The city started having water issues back in 2014, when its radium levels were over the state limit. Along with that, small chunks of concrete had fallen from the water tower, putting some locals in danger. The town has set aside a loan to pay for a new water tower, but Council Member John Wiley Kerr said the town doesn't have an exact time table of when it will be completed.
Public Interest	LIVE Interview	10/12/23	7am, 12p, 5p	4:00	Interviewed Carmen Hinman, Director of Hope Crisis Center about October being Domestic Violence Awareness Month. Activities include a purple bin drop off location for necessities needed for DV survivors, a Tossing Out Domestic Violence Cornhole Tournament. Also discussed the loss of funds from the federal level, and how that is impacting the organization.
Public Awareness	News Store	10/13/23	7am, 12p, 5p	2:00	Local southeast Nebraska stations, including Ol' Red 99.5, are providing farmers with a thank you hotdog meal during harvest season. The event spans across different towns including Beatrice, Geneva, Jansen, and Elk Creek. There are 15 locations this year which is considerably more than prior years.
Public Interest	News Story	10/17/23	7am, 12p, 5p	3:00	The FYI Center in Fairbury will not reopen due to a plethora of different problems. During a Fairbury City Council meeting Tuesday, a representative of the FYI Center came and gave updates to the council about the current state of the center. The problems presented to the council was not having enough workers or volunteers, not having enough funding and some unspecified problems with the building. The FYI Center is host to the CASTLE after school program and other programs serving the local youth.
Public Interest	News Story	10/18/23	7am, 12p, 5p	2:00	In two weeks, the Gage County Board will decide whether a 6,250 head swine project can be built, north of Liberty. Wednesday, supervisors heard mostly from opponents of the southeast Gage County project....such as Vicky White, of Liberty.

					The permit application of Adams area farmer Dean Otto and Summit Pork of Iowa has received a state operating permit from Nebraska and scored highly on the site selected. Otto plans to use the liquid manure to inject as fertilizer into his fields. Carl Jacobsen, who works for Summit Pork said despite the project being characterized as corporate farming, it has a lot of impact locally.
Public Interest	News Story	11/7/23	7am, 12p, 5p	2:00	It's a problem for cities and towns large and small...and an elusive one to deal with. Now, the City of Beatrice and Beatrice Humane Society will try a new approach to handling a feral cat population that can get out of control. The City and Humane Society will jointly operate a live trap, neuter, vaccinate and release program
Public Interest	News Story	11/10/23	7am, 12p, 5p	2:00	It's an ongoing battle for fire departments.....keeping rosters filled in the face of salary competition from larger city departments. Beatrice Fire and Rescue just recently began advertising to fill three vacant firefighter-EMT-Paramedic slots. Beatrice Fire and Rescue Chief Brian Daake says for persons just entering the field, achieving EMT status is about a six-month training process...while reaching Paramedic level takes about two years of training. Daake says in discussions with other fire chiefs, the struggle to fill vacancies is common...across departments of all sizes.
Public Interest	News Story	11/15/23	7am, 12p, 5p	3:30	The Wilber Chamber of Commerce is putting together a Grocery Grab at Food Mesto. The chamber sold tickets to members of the community to have a chance to win multiple prizes. Four winners would get \$25 to spend at any business owned by chamber members. The grand prize winner will get to spend five minutes grabbing as much as they can at Food Mesto, which will all be paid for by the Chamber of Commerce.
Public Interest	News Story	11/17/23	7am, 12p, 5p	1:30	Local officials and county emergency management are considering placement of an additional outdoor warning siren in the vicinity of Beatrice Community Hospital. "As the city of Beatrice advances north...the nearest north siren for tornado awareness is located right by the sale barn (Beatrice 77 Livestock)", says Gage County Emergency Management Coordinator Lisa Wiegand. She says there's a bit of a void in sound coverage farther north....as the city has grown in that direction.
Public Interest	News Story	11/17/23	7am, 12p, 5p	2:00	Fairbury is hosting a Christmas at Crystal Light display the entire month of December. Campers can come out and set up lights as well as get involved in the snowman competition. The event takes place at Crystal Springs Campground in Jefferson County and is completely free. The snowman competition is an easy way for anybody to get involved and just requires participants to build one snowman.
Public Interest	News Story	11/21/23	8:05am	3 min	The City of Fairbury is celebrating the grand reopening of the Fairbury Community Building on Tuesday, Nov. 28 at 12:30 p.m. The building was built in 1978, but has been temporarily closed. The building has seen many new improvements including new flooring, sidewalk, gutters, ceiling, etc. The project cost was \$110,000 for building upgrades with the city receiving about \$90,000 in grants from generous people and companies from around the area. Another \$15,000 came from the city budget.
Public Interest	News Story	11/21/23	7am, 12p, 5p	4:00	Officials in southeast Nebraska and northeast Kansas have reached an agreement with TC Energy to repair a section of Ida Avenue near Steele City, NE. Drivers are met with several bumps, potholes and loose asphalt. Officials on the Kansas side put signs up in the area warning people to slow down through the area. Other officials have said that the road desperately needs to be fixed. Representatives from Jefferson County in Nebraska, Washington County, Kansas and the Village of Steele City met with TC Energy back in March to discuss ideas to be done with the road.

Public Awareness	News Story	11/24/23	7am, 12p, 5p	2:00	Ol' Red 99.5 hosted its 23rd annual community Thanksgiving dinner at the Fairbury Elks Lodge Thursday. The meal is designed for anyone who may not have family or friends in the area or are unable to prepare a meal for themselves. Ol' Red 99.5 staff members spent several hours over the past couple of days to prepare for Thursday. The station was assisted by several local businesses. The event was successful with 414 meals served along with \$1,308 being donated by diners. The money will be split between the BVCA food bank and the Hope Crisis Center.
Public Awareness	News Story	11/27/23	7am, 12p, 5p	1:00	Volunteers in Odell put together and packed nearly 60,000 meals Monday. The event was supported by Orphan Grain Train, which distributes meals internationally, as well as Mercy Meals Blue River. This event has been going on for 10 years in Odell and has been a popular case for volunteers to come work. "And then when it moved here 10 years ago, we had the opportunity to produce 50,000 meals here in Odell. And, that would be exactly 10 years ago, 2013, and people liked it so much, we had 200 volunteers there and so we have been doing this every year," said Pastor Greg Stuckwisch. "And each year we do it, we try to shoot for around 50-to-60,000 meals."
Public Interest	News Story	12/1/23	7am, 12p, 5p	2:00	The Fairbury Chamber of Commerce is hosting the Miracle on the Square Friday night as a part of celebrating the holidays. The events begin at 5 p.m. with Santa and Mrs. Claus visiting with kids and families at the courthouse. It is free to see Santa, with families required to enter on the north side of the building. That is followed by Santa's bus ride, which will take families around the town and to Crystal Springs Campground to see the Christmas lights setup.
Public Awareness	News Story	12/6/23	7am, 12p, 5p	1:00	Medica and News Channel Nebraska are encouraging good health and well-being across the state with Stretch Across Nebraska. The program is set up for people of all ages to send in a video or photo of their healthy activity and they could win a donation made, in their name, of \$500 to the school of their choice. Deb Bulin from Bruning, a teacher at Thayer Central Schools is the most recent winner. Deb submitted a picture of her and her boot camp friends at the local fitness center all wearing pink as they were supporting breast cancer awareness on a pink out day. Deb says it's important to maintain an active lifestyle.
Public Awareness	News Story	12/8/23	7am, 12p, 5p	3:00	Fairbury Public Schools hosted a Light The Way event as a way to raise money for families in need. Whether it's families in need with medical bills, transportation issues or other things, the community is coming together to raise money to support those who are struggling. The event has been going on for 34 years in Fairbury and it has always been able to raise thousands in support.
Public Interest	News Story	12/12/23	7a, 12p, 5p	1:30.	TC Energy and Jefferson County have made an agreement for the repair, improvement and replacement of a 1.25 mile stretch near the Kansas and Nebraska state line and Ida Avenue, near Steele City, Nebraska. TC Energy has offered to provide repairs/replacement to ensure that the road is in a condition that would allow for regular and reoccurring vehicular traffic. Drivers on the road are met with several bumps, potholes and loose asphalt.
Public Awareness	News Story	12/12/23	7am, 12p, 5p	1:00	A local lending institution has been honored by the Beatrice Public Schools for their role in supporting the district, including reviving an FFA Chapter at Beatrice High School. Farm Credit Services of America was named the district's Business of the Month, Monday night. Agriculture Instructor Dave Barnard said the business has been helpful in reestablishing an FFA Chapter...complete with a new banner.
Public Interest	News Story	12/14/23	7am, 12p, 5p	1:00	Two institutions of higher learning in Nebraska have a new agreement for students in biotechnology fields. Students who complete an Associate of Science degree in Biotechnology from Southeast Community College will soon have the option to transfer those hours to Nebraska Wesleyan University and pursue a bachelor's degree. The schools made it official Wednesday by signing an articulation agreement on SCC's

					Lincoln Campus. It is an extension of the two schools' existing partnership, called SCC Pathways to NWU.
Public Awareness	News Story	12/15/23	7am, 12p, 5p	2:45	The Gage County Planning Commission has recommended approval of a permit for a new communications tower, near Tri County Schools. The permit, in an Ag-one zone, is being sought by Horvath Communications on behalf of Verizon Wireless...and now goes before the Gage County Board. Jerrod Foutes, representing Horvath Communications says the 250-foot tower would be located three-tenths of a mile east of Nebraska Highway 103, more than 500 feet south of West Elm Road. "It's basically between DeWitt and Plymouth. There is significant indoor coverage deficiencies as well as some outdoor coverage deficiencies and this would definitely help that out....especially with the school that is down in that area, as well."
Public Interest	News Story	12/21/23	7am, 12p, 5p	1:00	A family that owns a southeast Nebraska auto and truck dealership provided a big boost to a new elementary school project, Thursday. The Zoellner family, which owns Zoellner Ford-Lincoln in Beatrice, donated \$30,000 to the capital campaign that will help fund furniture and equipment for the new school in east Beatrice. The capital campaign through the Beatrice Educational Foundation has a goal to raise \$1.3 million to help equipment the new prekindergarten-to-fifth grade building. President of the foundation board, Andy Carothers says the campaign is getting closer to the half-way mark.
Public Awareness	News Story	12/27/23	7am, 12p, 5p	2:45	Whether Gage County undertakes a review and update of zoning regulations remains to be seen, but getting public input through a special committee has been suggested. Recently, the county's planning and zoning commission, tasked with reviewing concentrated animal feeding operations, voted to ask the county board to establish a committee to take a wider look at zoning rules.
Public Interest	Interview	12/28/23	7am, 12p, 5p	3 min	It's a time of year when people celebrate the passing of another 365 days, ready to ring in a new year. For law enforcement, New Year's is a busy time, making sure people celebrate both self and smartly. Capt. Dan Moss and the Beatrice Police Department will look to keep the southeast Nebraska town safe this weekend, with officers on the road, watching for impaired drivers, but also keeping an eye on the bars themselves, with the hope of limiting conflicts and other problems.
Public Awareness	Public Service Announcements	Current	7:00 am-6:00 pm	Various lengths	Various. Announcements are made throughout the day about upcoming events, along with pertinent announcements including severe weather watches and warnings, or any other event that may endanger the public.



Weekly Public Affairs Program

Call Letters: KUTT

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2023

Show # 2023-40

Date aired: 10/11/23 Time Aired: 6-8p

Timothy W. Fong, MD, Clinical Professor of Psychiatry at the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Director of the UCLA Addiction Psychiatry Consultation Service, Co-Director of the UCLA Gambling Studies Program

In just five years, legalized sports betting has swept the nation, now embraced as a revenue source by at least 37 states. Dr. Fong discussed gambling addiction, who is most at risk and how to recognize it, particularly in teenagers. Some well-known universities have signed deals with sportsbooks or casinos to advertise on campus, in athletic venues and in some cases, directly in students' university email inboxes. He offered advice for parents to prevent the start of addictive behavior in their teen.

Issues covered:
Gambling Addiction
Government
Parenting

Length: 9:54

Lee Newman, MD, MA, Distinguished Professor in the Department of Environmental & Occupational Health and Department of Epidemiology at the University of Colorado, Director of the Colorado School of Public Health's Center for Health, Work, and Environment

Today, the average American lives just 76 years, the shortest lifespan the country has seen since 1996. Dr. Newman talked about growing data that suggests that employers can dramatically affect the quality—and perhaps even length—of an employee's life. A recent report by Deloitte claimed life span could increase by an average of 12 years, and number of years a person spends in good health by 19 years by 2040, if employers not only made sure their employees are safe on the job, but also addressed their health and well-being in other less traditional ways.

Issues covered:
Longevity
Personal Health
Employment

Length: 7:22

Baia Lasky, MD, board-certified physician in Blood Banking and Transfusion Medicine, Medical Director of the American Red Cross of Georgia

Dr. Lasky explained how several natural disasters this summer have contributed to a national blood shortage that could have far-reaching effects across America. She said the national blood supply has fallen by nearly 25%. She explained why the problem is so serious and how a first-time blood donor can get started.

Issues covered:
Blood Donation
Public Health

Length: 4:59

Show # 2023-41

Date aired: 10/18/23 Time Aired: 6-8p

Matt Levendusky, PhD, Professor in the Department of Political Science at the University of Pennsylvania, Stephen & Mary Baran Chair in the Institutions of Democracy at the Annenberg Public Policy Center

Many Americans do not know what rights are protected under the First Amendment and a substantial number cannot name all three branches of government, according to the 2023 Annenberg Constitution Day Civics Survey. Prof. Levendusky shared other findings from the survey, discussed the reasons behind today's widespread civic ignorance and explained why the trend is so worrisome.

Issues covered:
Constitutional Rights
Citizenship
Education

Length: 9:06

Marlene Schwartz, PhD, Director of the University of Connecticut's Rudd Center for Food Policy and Health

Registered dietitians and other online influencers are being paid to post videos that promote diet soda, sugar and supplements on Instagram and TikTok. Prof. Schwartz discussed the little-known tactic often used by the multibillion-dollar food, beverage and pharmaceutical industries to sway consumers faced with often-contradictory health messages about popular products. She offered suggestions to help viewers recognize these paid messages.

Issues covered:
Consumer Matters
Personal Health/Nutrition

Length: 8:11

Jill Ciminillo, Managing Editor for the website Pickup Truck + SUV Talk, co-host of the Consumer Guide Car Stuff podcast

Minivans are frequently the go-to vehicle for families, not only for passenger comfort but also their ability to hold a lot of stuff. However, the Insurance Institute for Highway Safety recently updated their methods for testing minivan safety, with disturbing results. Ms. Ciminillo outlined the new data and what consumers need to know.

Issues covered:
Vehicle Safety
Consumer Matters

Length: 5:10

Show # 2023-42

Date aired: 10/15/23 Time Aired: 6-8p

Devin Mann, MD, Professor in the Departments of Medicine and Population Health at NYU Grossman School of Medicine

Dr. Mann led a study of healthcare consumers that found that most of ChatGPT's responses to people's healthcare-related queries are nearly indistinguishable from those provided by human physicians. He believes the chatbots will be great tools for healthcare providers to communicate with patients, improve quality of care and reduce misdiagnoses and errors.

Issues covered:
Artificial Intelligence
Personal Health

Length: 9:02

Gary Painter, PhD, Academic Director of the Carl H. Lindner College of Business real estate program, Professor of Real Estate at the University of Cincinnati

Prof. Painter shared his research that Americans who pay more than 30% of their income toward rent are forced to make trade-offs in other areas of their lives that can last for years and contribute to many social ills. He said while some trade-offs, such as buying less clothing, might not have severe long-term consequences, some rent-burdened residents reported cutting back on medicine and other health care that could have cascading effects.

Issues covered:

Length: 8:18

Housing

Poverty

Economy

Jim Lorraine, military veteran, President of America's Warrior Partnership

Mr. Lorraine said the suicide rate of military veterans is roughly twice that of the general population, and is often spurred by more than just post-traumatic stress syndrome or depression. He said underemployment, irregular housing and other economic issues also play a large role in suicidal behavior. He talked about the resources that are available to veterans. He said that risk factors for veterans at risk of suicide vary significantly from one state to another, and his organization helps to identify the differences and develop strategies to help.

Issues covered:

Length: 5:03

Suicide Prevention

Veterans' Concerns

Mental Health

Show # 2023-43

Date aired: 10/27/23 **Time Aired:** 11-8p

Adia Harvey Wingfield, PhD, sociologist, Mary Tileston Hemenway Professor of Arts & Sciences and Vice Dean for Faculty Development and Diversity at Washington University in St. Louis, author of "*Gray Areas: How the Way We Work Perpetuates Racism and What We Can Do to Fix It*"

While explicit discrimination no longer occurs and organizations make internal and public pledges to honor and achieve diversity, black employees remain less likely to be hired, stall out at middle levels, and rarely progress to senior leadership positions. Prof. Wingfield discussed what she calls "gray areas:" the relationships, networks, and cultural dynamics that exist apart from specific expectations and duties required for any given job. She offered suggestions to address the problem.

Issues covered:

Length: 8:33

Racism

Workplace Matters

Lisa Damour, PhD, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University, author of "*The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents*," co-host of the Ask Lisa podcast

Dr. Damour offered advice for parents to understand their teenagers' intense and often fraught emotional lives—and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, and offered tips to help teenagers maintain or regain emotional control.

Issues covered:
Adolescent Mental Health
Parenting

Length: 8:45

Shahab Haghayegh, PhD, Research Fellow at the Brigham and Harvard Medical School

Getting enough sleep has never been more difficult. Prod. Haghayegh shared his research that found that women who struggled with getting enough sleep were at greater risk of developing hypertension, or high blood pressure. He said hypertension and sleep disorders are becoming increasingly prevalent among American adults. He also noted that, while his study only included women, it's likely the findings apply to men, as well.

Issues covered:
High Blood Pressure
Personal Health

Length: 5:03

Show # 2023-44

Date aired: 10/24/23 Time Aired: 6-8p

Ivan Misner PhD, founder of BNI, the world's largest business networking organization, author of "*The 3rd Paradigm: A Radical Shift to Greater Success*"

Mr. Misner discussed effective ways to complain at work. He explained the importance for businesses to take deliberate actions to be sure their staff is heard. He said scheduling regular "complaining meetings" can change the entire mood of the workplace, and lead to innovation and new ideas.

Issues covered:
Workplace Matters
Business

Length: 8:33

Nathalie Huguet, PhD, Associate Professor of Family Medicine, at the Oregon Health & Science University School of Medicine

Prof. Huguet led a study that revealed gaps in health insurance coverage for seniors residing in the US. She found that about a quarter of low-income patients receiving care at community health centers remain uninsured when they turn 65. The main reason is that they are not eligible for Medicare because they never paid into the Social Security system, in many cases because they are not legal US citizens. She said 20% of the uninsured patients had five or more health conditions, such as diabetes or high blood pressure, that need frequent treatment and management.

Issues covered:
Health Insurance
Immigration
Senior Issues

Length: 8:45

Rachel Cruze, personal finance expert, author of "*Know Yourself, Know Your Money: Discover WHY You Handle Money the Way You Do, and WHAT to Do About It!*"

40% of Americans during the pandemic could not cover a \$400 emergency in cash. Ms. Cruze explained the psychology that influences how we spend and save money, and how to change those ingrained habits.

Issues covered:
Personal Finance

Length: 5:10

Show # 2023-45

Date aired: 11/5/23 Time Aired: 6-8p

David S. Prerau, PhD, author of "*Seize the Daylight: The Curious and Contentious Story of Daylight-Saving Time*"

Mr. Prerau discussed the history of Daylight-Saving time. He dispelled the myth that farmers are the main proponents of DST. He also explained where efforts stand to end the annual time change, and outlined the possible options that Congress would choose from.

Issues covered:
Government
Personal Health

Length: 8:30

Martha Khlopin, Medicare expert, nationally syndicated radio host, founder of Get2insurance.com

Vague and misleading advertisements for Medicare Advantage policies are flooding the airwaves and mailboxes of Medicare recipients. Ms. Khlopin explained what Medicare Advantage is and how it differs from original Medicare. She also shared examples of complaints from seniors who had their plans changed without their consent or knowledge, and how the scams work. She warned that some TV ads and phone calls may give the impression that they are affiliated with the federal Medicare system, when they are not. She advised seniors to be careful and seek help from legitimate sources.

Issues covered:
Medicare
Scams
Senior Issues

Length: 8:38

Michal Schnaider Beeri, PhD, Professor of Psychiatry, Director of the Herbert and Jacqueline Krieger Klein Alzheimer's Research Center at Rutgers Brain Health Institute

Prof. Beeri shared results of her study that found that people who were diagnosed with attention deficit hyperactivity disorder at midlife had a threefold increased risk of developing dementia later in life, compared to those without ADHD. She also discussed possible explanations for the link between ADHD and dementia, and what role ADHD medications may play.

Issues covered:
Alzheimer's Disease
ADHD

Length: 5:15

Show # 2023-46

Date aired: 11/26/23 Time Aired: 6-8p

David Newman-Toker, M.D., PhD, Lead Investigator and Director of the Johns Hopkins Armstrong Institute Center for Diagnostic Excellence

Dr. Newman-Toker led what is believed to be the first rigorous national estimate of permanent disability and death from diagnostic error. He estimates that 795,000 Americans die or are permanently disabled by diagnostic error each year. He said vascular events, infections and cancers cause 75% of the serious harms, and that stroke is the top cause of serious harm from misdiagnosis. He believes that a serious campaign to target diseases with high error and harm rates may reduce diagnostic errors and improve patient outcomes.

Issues covered:
Medical Errors & Misdiagnoses
Public Health

Length: 8:30

Johnnye Lewis, PhD, Professor Emerita in the Department of Pharmaceutical Sciences at University of New Mexico Health Sciences, Co-Director of Community Environmental Health Program, Director of the UNM METALS Superfund Research Program

Prof. Lewis' research found that water from many wells and community water systems across the US contains unsafe levels of toxic contaminants. She discussed the health effects of seven contaminants, which include cancer, developmental delays, and preterm birth, and how they affect vulnerable populations and communities with lower income levels. She also talked about the challenges of removing these contaminants from water supply systems, and how larger systems tend to have more resources and monitoring than smaller systems

Issues covered:

**Drinking Water Safety
Pollution
Government**

Length: 8:54

Tom Appel, Publisher of Consumer Guide Automotive, co-host of the Consumer Guide Car Stuff podcast

7.9% of cars sold in the US in the third quarter of 2023 were electric vehicles. Mr. Appel outlined what consumers need to know about the three levels of EV charging currently available, and the pluses and minuses of each.

Issues covered:

**Electric Vehicles
Consumer Matters**

Length: 5:11

Show # 2023-47

Date aired: 11/19/23 **Time Aired:** 6-8p

Hilarie Gamm, tech industry expert, author of "*Billions Lost: The American Tech Crisis and The Road Map to Change*"

Ms. Gamm explained why parents, educators, and employers urgently need to understand today's generation of teens and young adults. She talked about the revolutionary effect that technological advances have had on education and the development of the human mind. She said every American needs to have a basic understanding of current technology because of the wide-ranging ramifications these changes have on legislation, regulation and privacy.

Issues covered:

**Education
Career
Parenting**

Length: 8:48

Kelsey Graham, PhD, pollinator conservation specialist at Michigan State University

Dr. Graham explained the importance of bees to the nation's food supply. She also discussed the role that pesticides and climate change may be having on bee populations in North America. She outlined simple steps that people can take to increase bee populations in their communities.

Issues covered:

**Agriculture
Environment**

Length: 8:27

Kristin Rosenthal, pedestrian and bike safety expert from Safe Kids Worldwide

About every five days, a child in the U.S. dies from a train collision. Ms. Rosenthal said young people, particularly teenagers, do not understand how dangerous railroad tracks and crossings are. She offered advice to parents to teach their kids to not walk or take selfies on railroad tracks, to not walk with earbuds in, and to never try to beat a train at a railroad crossing.

Issues covered:
Child Safety
Traffic Safety

Length: 4:52

Show # 2023-48

Date aired: 11/26/23 **Time Aired:** 6-8p

Chris Bailey, productivity expert, author of "*Hyperfocus: How to Be More Productive in a World of Distraction*"

Mr. Bailey said that the human brain has two powerful modes that can be unlocked when we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly, and work and live more deliberately every day. He explained how to minimize distractions that can cause problems at work and in personal relationships.

Issues covered:
Workplace Matters
Career

Length: 8:31

Janet Murnaghan, journalist, author of "*Saving Sarah: One Mother's Battle Against the Health Care System to Save Her Daughter's Life*"

Ms. Murnaghan's young daughter desperately needed a set of donor lungs. A set of lungs was available and there was nothing standing in the way medically, but a federal policy barred children under the age of 12 from receiving adult lungs. Ms. Murnaghan talked about her quest to save Sarah and other kids in similar situations. After a court fight and through the use of social media, she eventually convinced the government to change organ donation rules permanently.

Issues covered:
Organ Donation
Government Regulation

Length: 8:44

KJ Dell'Antonia, editor of the Motherlode blog in the New York Times from 2011 until 2016, author of "*How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute*"

Ms. Dell'Antonia said that in her research and writing about family life over the years, one topic keeps coming up again and again: parents crave a greater sense of happiness in their daily lives. She discussed the most common problem areas that cause parents the most grief, and suggested steps parents can take to make them better.

Issues covered:
Parenting

Length: 5:12

Show # 2023-49

Date aired: 12/13/23 Time Aired: 6-8p

Edward McFowland III, PhD, Assistant Professor in the Technology and Operations Management Unit at Harvard Business School

Prof. McFowland co-authored a recent study that found that the use of artificial intelligence tools elevates the skills of the lowest performers across a wide range of fields to, or even far above, what was previously average performance. Across a set of 18 tasks designed to test a range of business skills - from analysis to idea generation to persuasion - consultants who had previously tested in the lower half of the group increased the quality of their outputs by 43% with AI help, while the top half only gained 17%. He discussed likely limitations in what AI can do well in modern professional work. He believes that AI will not be able to replace most human creativity and problem-solving.

Issues covered:

Length: 8:51

**Artificial Intelligence
Employment**

Morgan Frank, PhD, Assistant Professor in the University of Pittsburgh's School of Computing and Information

Prof. Frank studies job prospects for fossil fuel workers in the green energy transition. He said that fossil fuel workers have skills that are compatible with green jobs, but they face geographic and social barriers to relocate. He also explained why green jobs will span across different skill levels and sectors, but they are not well aligned with the current locations of fossil fuel workers.

Issues covered:

Length: 8:32

**Energy
Employment
Environment**

Adrienne Lawrence, former ESPN anchor and legal analyst, author of "*Staying in the Game: The Playbook for Beating Workplace Sexual Harassment*"

Ms. Lawrence explained how most companies mishandle sexual harassment cases and why. She also discussed the mental health consequences faced by those who report sexual harassment and how to deal with it. She talked about the impact of the MeToo# movement and what she sees as the future of dealing with sexual harassment as a society.

Issues covered:

Length: 5:03

**Sexual Harassment
Women's Concerns
Workplace Matters**

Show # 2023-50

Date aired: 12/10/23 Time Aired: 6-8p

Tyra Fainstad, MD, Associate Professor at the University of Colorado School of Medicine

Burnout is highly prevalent across most healthcare careers, but especially among trainee physicians. Dr. Fainstad developed a pilot program that successfully reduced burnout among female medical residents. She explained that while the program is digital, including videoconferencing coaching calls, she found that the group aspect was especially important in its effectiveness. She discussed the potential hurdles in expanding the training to hospitals and medical schools nationwide.

Issues covered:
Public Health
Mental Health

Length: 8:37

Jason M. Nagata MD, Associate Professor of Pediatrics in the Division of Adolescent and Young Adult Medicine at the University of California San Francisco

Dr. Nagata's study of US adolescents found that both victims and perpetrators of cyberbullying were more likely than other youth to experience eating disorder symptoms, including worrying about weight gain, self-worth tied to weight, and binge eating. He believes it is important that teachers and parents are aware that these experiences are relatively common among teens, and encourage kids to report online harassment if it occurs.

Issues covered:
Cyberbullying
Eating Disorders
Discrimination

Length: 8:44

Ana Lorena Fábrega, Chief Evangelist at Synthesis and author of "*The Learning Game: Teaching Kids to Think for Themselves, Embrace Challenge, and Love Learning*"

Ms. Fabrega traditional approaches to education, contrasting them with the ways kids really learn. She believes current methods of teaching children are outdated. She explained how her experience as a child who attended ten schools in seven different countries gave her an unconventional perspective. She suggested allowing children to learn through projects rather than strict curriculum, and explained why teaching kids of differing ages as a group, rather than segregating them in conventional grades and ages, can have major benefits.

Issues covered:
Education

Length: 5:05

Show # 2023-51

Date aired: 12/17/23 **Time Aired:** 6-8p

Laurence J. Kotlikoff, PhD, Professor of Economics and William Warren Fairfield Professor at Boston University, former Senior Economist on the President's Council of Economic Advisers, co-author of "*Social Security Horror Stories: Protect Yourself From the System & Avoid Clawbacks*"

Prof. Kotlikoff explained the problem of Social Security clawbacks. He said each year more than a million unsuspecting Americans receive letters from the Social Security Administration, demanding repayment of thousands of dollars of overpaid benefits, due to SSA mistakes that occurred sometimes decades earlier. He shared examples of elderly people who suffered from clawbacks, and proposed reforms to stop them.

Issues covered:
Social Security
Government
Consumer Matters

Length: 8:44

Andrew Perry, postdoctoral scholar in the Department of Educational Studies at Ohio State University

Mr. Perry was the lead author of a study that examined how teachers rate different approaches to student violence. He said teachers believe that removing or expelling students from school after a violent incident is the least effective response, because it may increase the risk of violence against teachers, as the student may come back bitter or angry. He said most teachers prefer proactive strategies, which aim to create a positive learning environment and a sense of community through socioemotional learning and school counseling.

Issues covered:
School Violence

Length: 8:41

Joel Kaufman, PhD, physician, Professor of Environmental and Occupational Health Sciences at the University of Washington

Dr. Kaufman led a recent study that found a link between highway air pollution and higher blood pressure. He said the impact is significant enough to be comparable to other blood pressure factors such as sodium intake and medication. He also suggested some ways to reduce the exposure to traffic pollution both for motorists, and those who live near highways.

Issues covered:
Air Pollution
High Blood Pressure

Length: 5:08

Show # 2023-52

Date aired: 2/24/23 Time Aired: 6:30p

Ryan Kalember, Senior Vice President of Cybersecurity Strategy for online security company Proofpoint

Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hacked their real estate agent's or title company's email account. He explained how consumers can protect themselves.

Issues covered:
Crime
Online Security
Personal Finance

Length: 7:43

Diane Redleaf, family defense attorney, author of "*They Took the Kids Last Night: How the Child Protection System Puts Families at Risk*"

The number of children in the U.S. foster care system is at record levels, thanks in part to the opioid crisis. With nearly 450,000 children in the system, Ms. Redleaf discussed what happens when caseworkers make mistakes, taking children from parents who are neither abusive nor neglectful. She noted that minority families are disproportionately affected by this trend. She also said that once children are taken, parents and their attorneys sometimes can't learn where the children are being housed.

Issues covered:
Foster Care
Minority Concerns
Parenting

Length: 9:24

Andrew Gewirtz, PhD, Professor in the Institute for Biomedical Sciences at Georgia State University

Dr. Gewirtz was the co-author of a surprising study that found that adding highly refined fiber to processed foods could have negative effects on human health, including liver cancer. He explained what ingredients consumers need to watch for on processed food labels. He said the simplest solution is to eat fruits and vegetables naturally rich in soluble fiber, rather than processed foods.

Issues covered:
Nutrition
Cancer
Personal Health

Length: 5:01

Show # 2023-53

Date aired: 12/24/23 Time Aired: 6-8p

Bonnie Halpern-Felsher, PhD, Professor of Pediatrics, Stanford University School of Medicine

Dr. Halpern-Felsher led a study that found that teens and young adults who use Juul brand e-cigarettes are failing to recognize the product's addictive potential, despite using it more often than their peers who smoke conventional cigarettes. She said the nicotine levels in a single Juul pod are the equivalent of smoking 1 ½ to 2 packs of cigarettes. She also discussed the high vulnerabilities of teens to brain changes caused by e-cigarettes, as compared to people in their twenties.

Issues covered:
Substance Addition
Teenager Concerns
Health

Length: 9:00

Lan Nguyen Chaplin, PhD, Associate Professor of Marketing, University of Illinois at Chicago

Materialism may be more common than ever. Dr. Chaplin led a study that tested ways to reduce materialism among young consumers. She found that teenagers who completed a two-week gratitude journal were significantly more grateful, more generous and less materialistic.

Issues covered:
Parenting
Consumer Matters

Length: 8:05

Thomas Newkirk, PhD, Professor Emeritus, University of New Hampshire

In this age of smartphones, Twitter and information scrolling at the bottom of TV screens, Americans are reading faster than ever. Prof. Newkirk believes this is a negative trend, and that readers get greater enjoyment and comprehension when they read slowly. He talked about the reasons why people tend to skim text, and techniques they can use to slow down.

Issues covered:
Literacy
Education

Length: 4:37