

**WHAG-AM
Halfway Md.**

**Quarterly List of Programming Responsive to Issues of Community Concern
1st Quarter 2019
January- March 2019**

In our ongoing effort to serve the public interest, we broadcast programming responsive to issues of concern to our listening public. The following is a brief description of those issues and of the station's most significant programming treatment of them:

Issues of importance this quarter included the following:

- 1) Business
- 2) Gun Safety
- 3) Health & Safety
- 4) Government & Politics
- 5) Health
- 6) Hunting
- 7) Crime and punishment
- 8) Zoning & Business
- 9) Public safety
- 10) Government & Health
- 11) Food Safety
- 12) Crime & Scams
- 13) Government & Public Utility'
- 14) Radon Testing
- 15) Public affairs-Including the program Info Trak with issues covered including Civic Participation, Voting ,Youth Concerns, Personal Finance, Consumer Matters, Personal Health, Sexual Abuse, Mental Health, Drug Abuse, Personal Productivity, Career, Education, Cancer Prevention, Traffic Safety, Government Policies, Womens Issues, Marijuana Legalization, Media, Retirement Planning, Aging and EEO Community Outreach.

Date	Program	Issue	Description	Time/Duration
1/2/2019	News	Public Service	Town of Williamsport Md. sponsoring a Polar bear plunge Yesterday 1-1-2019 at river bottom Park to benefit the Williamsport Jr. Firefighters	:15 sec long airing 6 times at 6:20, 6:50, 7:20, 7:50 & 8:20 & 8:50 am
1/3/2019	News	Public Safety & Environment	On 1-2-19 The Md. Board Of Public Works voted no to allowing a gas pipeline to go under the Western Md. Rail Trail in Hancock then under the Potomac river to West Va... Opponents said it would hurt the environment	:30 seconds airing 3 times at 6:00, 7:00 & 8:00 am
1/7/2019	News	Crime & Drugs	Raid at a home on Winter St in Hagerstown 1/3/19, a gun, \$3000 in Cash & suspected Cocain, & Marijuana seized. Jason Lamont Bryant charged	:20 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50 & 8:00 am
1/7/2019	News	Crime	Linda Rosario & Jose Ayala from Chambersburg charged with child endangerment & assault after allegedly smacking 3 children for allegedly stealing from local stores	:25 seconds long airing 3 times at 6:20, 7:20 & 8:20 am
1/8/2019	News	Public Service	Washington Co. Md. Sheriff's asking for help finding 15 Yr Old Adriana Menjivar, went missing on 1-4-19 details & her picture on the Sheriff's Dept. facebook page	:20 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
1/8/2019	News	Politics & Government	2 current Franklin Co. commissioners will run for re-election in 2019. Bob Ziabrowski & Dave Keller running again, Cheri Morgan also running in 2019	:20 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
1/9/2019	News	Health & Growth	Mertus Medial Plaza on Crayton Blvd Hagerstown had a grand opening this week, with Primary car, Lab services & Urgent care in one facility, emergency room across town should see relief	:15 seconds long airing 3 times at 6:50, 7:50 & 8:50 am
1/10/2019	News	Municipal Government	After complaints from property owners Greencastle Council voted to cancel mandatory sidewalks for some neighborhoods in the Boro	:10 sec airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am

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1/11/2019	News	Health & Commerce	Plans for medical marijuana growing facility in Hagerstown, continue, Md. Cultivation & Processing on Western Md. parkway have preliminary goahead to build a huge greenhouse	:20 seconds airing 3 times at 6:20, 7:20 & 8:20 am
1/14/2019	News	Public Service	Operation weather watch - 1:00 minute, lists cancellations & delays due to recent snow storm in the region aired 6 times at 6:20, 6:50, 7:20, 7:50 8:20 & 8:50 am	1:00 - 6 times at 6:20, 6:50, 7:20, 7:50, 8:20
1/15/2019	News	Government	A Pa. Senator working on a law that allows you to be placed on the Do Not Call list permanently so you dont have to re register every 5 yrs	:20 seconds long airing 3 times at 6:20, 7:20 & 8:20 am
1/16/2019	News	Crime	Scammers are sending emails & calling people taking advantage of the Govt shutdown & saying your federal benefits will be cut off if you dont call them & verify you bank info, SCAMI	:30 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
1/18/2019	News	Government	New Anti Hazing law in Pa. all higher Ed. Institutions must report any hazing incidents from the past 5 years	:15 sec long airing 6 times at 6:20, 6:50, 7:20, 7:50 & 8:20 & 8:50 am
1/22/2019	News	Government	In a surprise announcement last week Pa. Senator Rich Alloway says he will retire on Feb 28th with 2 yrs left on his term.. A special election will be called this year to find a replacement, the Senator is dissatisfied with the way Govt. is operating	:25 seconds long airing 6 times at 6:20, 6:50, 7:20, 7:50 & 8:20 & 8:50 am
1-23-2019	News	Government & Health	Franklin county declared itself in an opioid crisis & the D.A. released info on response with prevention, treatment, recovery programs & increased law enforcement	:20 seconds airing 3 times at 6:50, 7:50 & 8:50 am
1-24-2019	News	Government & Education	Gov of Md. plans to help Charter schools - funding to include \$ 2.6 million for construction projects, the teachers union says it will take money away from public schools	:20 seconds airing 3 times at 6:20, 7:20 & 8:20 am
1-25-2019	News	United way food drive PSA	Franklin Co. United way food drive underway, also collecting Personal Care, items & books find drop off locations on U.W. Website & Facebook page	:20 seconds long airing 3 times at 6:20, 7:20 & 8:20 am

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1-25-2019	News	Government & Homelessness	Franklin Co. agencies identifying homeless to get them into stable housing if you need help dial 211 contact County Human Services center on Franklin Farm Ln	:25 seconds long airing 3 times at 6:50, 7:50 & 8:50 am
1/29/2019	News	Crime	Waynesboro couple charged w/ child endangerment, drug offences they overdosed in front of 3 yr old child, Erin & Jamie Yeage revived with Narcan by police on Dec 29th on Amsterdam Rd. Waynesboro	:25 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50am
1/30/2019	News	Hunting Rules & Regulations	Pa. Game Commission Board gave preliminary approval to making 1st day of Deer Season in 2019 Sat Nov 30, Final decision to be made during April Meeting	:20 seconds airing 3 times at 6:20, 7:20 & 8:20 am
1/1 to 1/29/2019	PSA CAMPAIGN	Public Affairs	EEO Community Outreach	:30 seconds long airing in various dayparts Mon & Tues on dates listed for a total of 45 times
1/1 to 1/27/2019	PSA CAMPAIGN	Public Affairs	PAB Dept. of Environmental Protection Radon Testing	:30 seconds airing during dates listed in various dayparts rotating with other PAB psas's airing once or twice per day for a total of 14 times
1/1 to 1/27/2019	PSA CAMPAIGN	Public Affairs	PAB National Guard	:30 seconds airing during dates listed in various dayparts rotating with other PAB psas's airing once or twice per day for a total of 14 times
1/2 to 1/31/2019	PSA CAMPAIGN	Public Affairs	PAB Liquor Control Board	:30 seconds long airing in various dayparts during dates listed, airing once or twice per day, rotating with other PAB psas's for a total of 16 times
1/10 to 1/31/2019	PSA CAMPAIGN	Public Affairs	Cumberland Valley Animal Shelter benefit spaghetti dinner	:60 seconds long airing in various dayparts during dates listed 10 times per day for a total of 110 times
2/1/2019	News	Government & Taxes	Md. Governor proposing \$500 million in tax cuts over 5 yrs, including tax breaks for small business, retired military, law enforcement & fire fighters, total of 8 tax relief programs	:20 seconds airing 3 TIMES AT 6:50, 7:50 & 8:50 AM
2/4/2019	News	Hunting	The Pa. state game commission board decided this week not to propose the use of semi automatic weapons for big game hunting in 2019, they are allowed for small game hunting in the state.	:25 seconds long airing 3 times at 6:20, 7:20 & 8:20 am

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2/5/2019	News	Crime	Clayton Pendergrast, Hagerstown, charged with attempted murder will have charges amended after Carter Hester died after Pendergrast allegedly beat him severely Jan 25th	:30 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
2/6/2019	News	Government & Public service	Demolition of Chambersburg Trust bidg downtown on track; after removal of hazardous materials inside the building will be torn down in next week or 2. making way for new Courthouse	:20 seconds airing 3 TIMES AT 6:20, 7:20 & 8:20 AM
2/7/2019	News	Hunting	Pa.Senate taking up a bill that would allow Sunday hunting , first time a bill like it has made it out of committee, Pa. Farm Bureau says farmers are still against lifting ban on Sunday hunting	:20 seconds long airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
2/8/2019	News	Zoning & Business	Controversial convenience store/ restaurant near I-81 Williamsport Md. County zoning board gave go ahead but a judge has overturned the decision, developers may appeal	:30 seconds airing 3 times at 6:20, 7:20 & 8:20 am
2/11/2019	News	Government & Business	Bill in Washington Co. may allow some liquor stores to open 1 hour earlier on Sunday's at 11am rather than noon,. some stores in the county & Frederick Co. open at 10am	:20 seconds long airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
2/13/2019	News	Crime	Road rage in Chambersburg, police looking for man driving Dk Blue Ford P/U TK. Confronted woman at intersection of Wayne Ave & 4th St. then followed her,..	:20 seconds long airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
2/19/2019	News	Crime	19 Yr Old Raya Rine Chbg charged with assault/child endangerment after admitting she fractured her 6 week old baby's leg, ribs & skull after child was treated at Chbg Hosp on 2-16-19	:20 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
2/19/2019	News	Economy & Wages	Md Lawmakers began work on gradually increasing minimum wage to \$15 an hour by 2013, current wage \$10.10 per hour	:15 seconds airing 3 times at 6:20, 7:20 & 8:20 am
2/7/2019	News	Government & commerce	86 acre solar energy farm planned in Cearfoss in court, Washington Co. zoning said yes, Oponents say no, Md. Court of Appeals to hear case in May this year.	:20 seconds , airing 3 times at 6:20, 7:20 & 8:20 am

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2/21/2019	News	Scams	Some time during the week of 2-13 thru 2-16-19 a bogus \$100 bill was passed at American Legion on Philadelphia Ave, Chambersburg, If you have any info call Chambersburg Police	:15 seconds airing 3 times at 6:50, 7:50 & 8:50 am
2/21/2019	News	Gambling	The Pa. State Gaming Control board will hold a public hearing on the proposed Mini Casino just off exit 29 of I-81 Shippensburg Mon March 25 at Conference center Shipp University	:25 seconds airing 6 times at 6:20, 7:20, & 8:20 am
2/22/2019	News	Health	In a Report on localdm.com Franklin Co. will hire a mosquito & tick born disease specialist to help with Lyme & West Nile disease, Franklin Co:is #5 out of 67 counties for West Nile	:15 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
2/25/2019	News	Marijuana	A Pa. lawmaker will introduce a non binding referendum question for the November ballot to gauge the interest in legalizing recreational Marijuana in Pa.	:15 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
2/26/2019	News	Business	The FTC approved a take over this week by Martins foods, 4 Stop N Shop stores will close March 27th & reopen as Martins on April 5, 1 in Greencastle, 1 in Smithsburg, 2 in W.Va	:15 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
2/28/2019	News	Government	Starting 3/1/19 PennDot will start issuing Real I-D's to Pa Drivers, that allows you to fly commercially & enter certain Federal buildings 170,000 Pa. residents have pre qualified so far	:20 seconds airing 3 TIMES AT 6:20, 7:20 & 8:20 AM
2/28/2019	News	Local Government	City of Hagerstown has formally annex 101 acres knows at the Foggy Bottom Farm,... before the vote they assured Meritus Medical that they were not looking to annex more in that area	:20 seconds airing 3 times at 6:20, 7:20 & 8:20 AM
2/04 to 2/26/2019	PSA CAMPAIGN	Public Affairs	EEO Community Outreach	:30 seconds long airing in various dayparts 5 times per day on Mon & Tues on dates listed for a total of 40 times
2/18 to 2/28/2019	PSA CAMPAIGN	Public Affairs	Broadfording Christian Academy Auction	:60 seconds long airing in various dayparts during dates listed 3 times per day for a total of 31 times

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2/1 to 2/27/2019	PSA CAMPAIGN	Public Affairs	PAB National Guard	:30 seconds airing during dates listed in various dayparts rotating with other PAB psa's airing once or twice per day for a total of 15 times
2/1 to 2/28/2019	PSA CAMPAIGN	Public Affairs	PAD Dept. of Aging	:30 seconds airing during dates listed in various dayparts rotating with other PAB psa's airing once or twice per day for a total of 15 times
2/01 to 2/27/2019	PSA CAMPAIGN	Public Affairs	PAB Pa. Liquor Control	:30 seconds airing during dates listed in various dayparts rotating with other PAB psa's airing once or twice per day for a total of 14 times
3/4/2019	News	Government & Economy	Md. House of Delegates approved a \$15 an hour minimum wage, of it passes the wage will go up by 2025, the Md. Senate now debates the bill	:15 seconds airing 6 times, at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
3/4/2019	News	Washington Township Police now	Washington Township Police now have a safe drop off box for un-needed medications, free drop off is M-F 8:00-4:30 at the station on Welty Rd. Waynesboro Pa	:15 seconds airing 3 times, at 6:20, 7:20, & 8:20 am
3/5/2019	News	Health & Public Safety	The "Safe 2 Say" school safety program in Pa. has received thousands of calls, the Attorney Gen says it is working , & was developed to save lives	:15 seconds airing 3 times, at 6:20, 7:20 & 8:20 am
3/6/2019	News	Public Safety	Washington Co. Commissioners applying for FEMA Grant to hire 29 firefighters to help with volunteer shortage , & are talking about a possible Public Safety Tax for future consideration	:15 seconds long airing 3 times at 6:20, 7:20 & 8:20 am
3/7/2019	News	Fire Safety	Bill in Md. House moves to the Senate, it would allow terminally ill people to get prescriptions to end their lives, if they have less than 6 mo's to live, are of sound mind & ask 3 times in writing	:15 seconds long airing 3 times at 6:20, 7:20 & 8:20 am
3/11/2019	news	Health	Hagerstown woman who plead guilty to drug distribution, sentenced for supplying to a woman who died of overdose in 2018, Tiesha Duval sentenced last week to 20 yrs in state prison	:30 seconds airing 3 times at 6:20, 7:20 & 8:20 am
3/11/2019	news	crime & punishment		:15 seconds airing 3 times at 6:50, 7:50 & 8:50 am

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3/13/2019	news	Auto Safety	Honda & Acura recalling vehicles- airbags previously repaired still faulty, they could explode like the one in a Honda Odyssey injuring the driver	:20 seconds airing 3 TIMES AT 6:50, 7:50 & 8:50 AM
3-14-2019	news	Government & Politics	May 21st primary in Pa.- A special election will be held to fill the seat of Senator Rich Alloway who retired in Feb, 4 people are running for that seat.	:15 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
3-15-2019	news	Law Enforcement	Franklin Co. DUI Taskforce will be out with special patrols & DUI Checkpoints during the St. Patricks Day weekend all over the County	:10 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50am
3/18/2019	news	Health & Youth	FDA suggesting new rules for E-cigarettes, trying to make them less desirable to kids, by eliminating flavored oils & putting child safety caps on the oil bottles	:15 seconds long airing 3 times at 6:50, 7:50 & 8:50 am
3/19/2019	news	Health & Food Safety	Butterball recalling 78,000 lbs of ground turkey produced in July of 2018, because of possible salmonella contamination,..You may have some in your freezer, so check it out & throw it out	:15 seconds airing 5 times at 6:20, 6:50, 7:20, 7:50, & 8:20 am
3/20/2019	news	Crime	Chambersburg Police on the lookout for Miquel Angel Torres after he allegedly punched a woman in the face several times, his picture is on the Borough police facebook page	:15 seconds airing 3 times at 6:20, 7:20 & 8:20 am
3/21/2019	news	Crime & Safety	Chambersburg school district closed the Hi school & Career Magnet School due to a possible threat, both schools closed on 3/21/19, all other schools in the district remain open	:20 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
3/26/2019	news	Gun Safety	A national ban on Bump Stocks goes into effect today in the U.S. bump stocks turn a semi automatic weapon into a rapid fire automatic weapon	:10 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
3/27/2019	news	Business & JOBS	Sheetz Bros. convenience stores holding job fair at all locations in 5 states today 3-27-19, apply at jobs.sheetz.com before going to a store location	:15 seconds airing 3 times at 6:20, 7:20, & 8:20 am

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3-28-2019	news	Scams	FTC shutting down 4 groups for making billions of robo calls offering fake services, like auto warranties, home security, fake charities & more	:20 seconds airing 3 times at 6:20, 7:20, & 8:20 am
3/29/2019	news	Government & Business	Md. is adopting a 15 dollar an hour minimum lawmakers voted to over ride Gov. Hogans veto of the bill to raise the wage from \$10.10 an hour now till \$15 by 2023	:20 seconds airing 6 times at 6:20, 6:50, 7:20, 7:50, 8:20 & 8:50 am
3/5 to 3/31/2019	PSA CAMPAIGN	Public Affairs	Luhrs center benefit concert U.S. Army Field Band	:30 seconds airing during dates listed in various dayparts 1 or some times 2 times per day for a total of 20 times
3/4 to 3/26/2019	PSA CAMPAIGN	Public Affairs	EEO Community Outreach	:30 seconds long airing in various dayparts 5 times per day on Mon & Tues on dates listed for a total of 40 times
3/25 to 3/31/2019	PSA CAMPAIGN	Public Affairs	Franklin County Veterans Golf Tournament	:60 seconds airing in different day parts 5 times per day for a total of 35 times
3/1 to 3/13/2019	PSA CAMPAIGN	Public Affairs	PAB Pa. Liquor Control	:30 seconds airing during dates listed in various dayparts rotating with other PAB psas for a total of 8 times
3/2 TO 3/13/2019	PSA CAMPAIGN	Public Affairs	PAB pa. Dept of human resources	:30 seconds long airing in various dayparts during days listed rotating with other PAB psas for a total of 7 times
3/15 to 3/31/2019	PSA CAMPAIGN	Public Affairs	PAB national Guard	:30 seconds airing during dates listed in various dayparts rotating with other PAB psas for a total of 10 times
3/5 to 3/14/2019	PSA CAMPAIGN	Public Affairs	PAB PENN DOT	:30 seconds long airing during dates listed in various dayparts rotating with other PAB psas for a total of 6 times.
3/5 to 3/16/2019	PSA CAMPAIGN	Public Affairs	PAB OFFICE OF CHILD DEVELOPMENT	:30 seconds long airing during dates listed in various dayparts rotating with other PAB psas for a total of 31 times.
3/15 to 3/30/2019	PSA CAMPAIGN	Public Affairs	PAB Pa. Liquor Control	:30 seconds long airing during dates listed in various dayparts rotating with other PAB psas for a total of 10 times.
3/3 to 3/30/2019	PSA CAMPAIGN	Public Affairs	PAB National Guard	:30 seconds airing during dates listed in various dayparts rotating with other PAB psas airing once or twice per day for a total of 11 times



Weekly Public Affairs Program

Call Letters: WYAG Am

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2019

Show # 2019-01

Date aired: 1-6-2019 Time Aired: 0600

Katy J. Harriger, PhD, Chair and Professor, Department of Politics and International Affairs at Wake Forest University

Our nation's political climate is more polarized than ever, and voter turnout among young people is abysmal. But Dr. Harringer led a study that found that learning to talk about controversial issues while in college can inspire young adults to be more engaged citizens even ten years later. She explained what the students were taught and how it could be applied to voters of any age.

Issues covered:
Civic Participation
Voting
Youth Concerns

Length: 8:34

Matt Schulz, Senior Industry Analyst at CreditCards.com

25 million credit cardholders haven't changed their go-to credit card in at least ten years. Mr. Schultz said that people are missing many rewards because card issuers are hotly competing for new customers and giving big sign-up bonuses. He outlined some of the methods savvy consumers use to get the most out of their credit cards. He also explained why many consumers are reluctant to switch cards.

Issues covered:
Personal Finance
Consumer Matters

Length: 8:27

Show # 2019-02

Date aired: 1-13-2019 Time Aired: 0600

Angela Fagerlin, Ph.D., Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation

Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.

Issues covered:
Personal Health

Length: 7:29

Teresa Gil, PhD, psychotherapist, author of *Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation*

Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

Issues covered:
Sexual Abuse
Parenting
Mental Health

Length: 9:40

Show # 2019-03

Date aired: 1-20-2019 **Time Aired:** 0600

Alan Schroeder, MD, Clinical Professor of Pediatrics at the Stanford University School of Medicine

Each year, thousands of teenagers and young adults are prescribed opioids for pain relief after having their wisdom teeth removed. Dr. Schroeder led a study that found almost 6 percent of these patients were diagnosed with opioid abuse during the 12 months after the initial prescription. He discussed alternate options for pain relief. He said wisdom tooth extraction is by far the most common surgical procedure for adolescents and young adults but there is very little research that supports the widespread use of the procedure.

Issues covered:
Drug Abuse
Personal Health

Length: 7:26

Elizabeth Emens, PhD, Isidor and Seville Sulzbacher Professor of Law at Columbia Law School, author of *Life Admin: How I Learned to Do Less, Do Better, and Live More*

Every day an unseen form of labor creeps into our lives—the kind of secretarial and managerial work necessary to run a life and a household. Dr. Emens discussed how this labor is created, how it affects our lives, and how we might avoid, reduce, and redistribute admin whenever possible—as individuals and as a society.

Issues covered:
Personal Productivity
Parenting
Career
Education

Length: 9:48

Show # 2019-04

Date aired: 1-27-2019 **Time Aired:** 0600

Tasleem Padamsee, PhD, Assistant Professor of Health Services Management and Policy at Ohio State University

Dr. Padamsee led a study that found that African-American women at high risk of breast cancer are less likely than white women to pursue potentially life-saving preventive care. She talked about the most common preventative steps that at-risk patients can take. She also encouraged patients to talk to their physicians about cancer risk concerns.

Issues covered:
Cancer Prevention
Minority Concerns
Women's Issues

Length: 9:32

James Clear, author of "*Atomic Habits: Tiny Changes, Remarkable Results*"

Mr. Clear offered strategies aimed at forming good habits, breaking bad ones, and mastering the tiny behaviors that lead to extraordinary results. He explained how to find the underlying causes of bad habits and why that can help to correct them. He offered examples of ways to redesign an environment to break bad habits.

Issues covered:
Personal Productivity
Personal Health

Length: 7:41

Show # 2019-05

Date aired: 2-3-2019 **Time Aired:** 0600

Bryan E. Robinson, PhD, psychotherapist, Professor Emeritus at the University of North Carolina at Charlotte, author of "*#Chill: Turn Off Your Job and Turn On Your Life*"

It is common knowledge that good health and happiness depends on having proper balance between our professional and private lives. Dr. Robinson explained how ending the cycle of work addiction can be achieved by reframing priorities and cultivating mindfulness in our daily lives. He outlined the benefits of mediation to let go of anxiety and focus on the moment.

Issues covered:
Mental Health
Personal Health
Career

Length: 9:00

Jonathan Adkins, Executive Director of the Governors Highway Safety Association

Mr. Adkins discussed a recent report from his organization that highlighted excessive vehicle speed as a persistent factor in nearly one-third of all motor vehicle-related fatalities. He believes that speeding is not given enough attention as a traffic safety issue and is widely deemed culturally acceptable by the motoring public. He outlined several public policy measures that he believes would help to reduce speeding.

Issues covered:
Traffic Safety
Government Policies

Length: 8:10

Show # 2019-06

Date aired: 2-10-2019 **Time Aired:** 0600

Darrell Laffoon, Chief Technology Officer of security firms EZShield + IdentityForce

Americans are preparing to file their taxes, and fraudsters are getting ready to target taxpayers with new scams. Mr. Laffoon outlined some of the most common schemes used to commit tax fraud and tax-related identity theft. He noted that the IRS never uses email to contact taxpayers or others filing tax returns. He explained what to do if you are targeted.

Issues covered:

Length: 8:47

Crime
Identity Theft

Nancy O'Reilly, PsyD, licensed psychologist, author of *"In This Together: How Successful Women Support Each Other in Work and Life"*

Dr. O'Reilly explained why women experience more rudeness and incivility from other women in the workplace than they do from men. She said women have not been trained to lead as women. She offered suggestions for women to offer support to each other at work, rather than competing. She explained why men should also be concerned about this trend.

Issues covered:

Length: 8:19

Women's Issues
Workplace

Show # 2019-07

Date aired: 2-17-2019 **Time Aired:** 0600

Patty Ann Tublin, PhD, author of *"Money Can Buy You Happiness: Secrets Women Need to Know To Get Paid What They Are Worth!"*

Dr. Tublin outlined ways women can close the gender wage gap and negotiate their true worth at work. She explained why women have a harder time accepting the emotional and financial value of money, and how to change that attitude. She also offered suggestions for women who would like to determine what the appropriate pay range is for a particular job.

Issues covered:

Length: 7:08

Women's Issues
Career

Henry S. Gornbein, attorney, author of *"Divorce Demystified: Everything You Need to Know Before You File for Divorce"*

Mr. Gornbein said next to the death of a loved one, divorce is one of the most traumatic of life's experiences. He discussed the sometimes complicated steps to take when deciding whether to proceed with a divorce. He talked about the significant ways divorce has changed in recent years, including the surprising influence of social media and changes in child custody arrangements.

Issues covered:

Length: 9:57

Legal Matters
Marriage
Parenting

Show # 2019-08

Date aired: 2-24-2019 **Time Aired:** 0600

Daniel Pink, author of *"When: The Scientific Secrets of Perfect Timing"*

Mr. Pink explained how timing affects everything — from work to home to school — and that it's a science, not an art or luck. He outlined research that found that 86 specific days each year are the optimal days to start a project or to get a fresh start. He offered several examples of how productivity, personal goals and even medical procedures are significantly affected by the timing of the event.

Issues covered:
Workplace Matters
Education
Personal Health

Length: 8:27

Amy Adamczyk, PhD, Professor of Sociology and Criminal Justice, City University of New York

Americans' views about marijuana have drastically changed in a relatively short period of time. Dr. Adamczyk led a study that found that support for legalization began to increase shortly after the news media began to frame marijuana as a medical issue, rather than as a criminal or drug abuse issue. She believes that nationwide legalization of marijuana is likely in coming years.

Issues covered:
Marijuana Legalization
Media

Length: 8:33

Show # 2019-09

Date aired: 3-3-2019 **Time Aired:** 0600

Alicia Munnell, PhD, economist, Director of the Center for Retirement Research at Boston College, Peter F. Drucker Professor of Management Sciences at Boston College's Carroll School of Management

Many Americans will be shocked once they reach retirement, to find that their IRA or 401(k) is not worth nearly as much as they think. Dr. Munnell said many upper income retirees will be hit with 25-32% federal tax bills on the funds they saved for retirement, and possibly even more from state taxes. She noted that those who save in tax-deferred retirement plans still come out ahead, even after paying taxes on the withdrawals.

Issues covered:
Retirement Planning
Taxes

Length: 6:56

Dean Ornish M.D., founder and President of the nonprofit Preventive Medicine Research Institute, Clinical Professor of Medicine at the University of California, San Francisco, author of *"Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases"*

Dr. Ornish is a well-known advocate for using diet and lifestyle changes to treat and prevent heart disease. He outlined four changes in lifestyle that he believes can stop the progression and even reverse many chronic diseases. He said it's surprising how rapidly our bodies can begin to heal after making simple lifestyle changes.

Issues covered:
Personal Health
Aging

Length: 10:12

Show # 2019-10

Date aired: 3-10-2019 **Time Aired:** 0600

Mark Hamrick, Senior Economic Analyst for Bankrate.com

73% of Millennials (ages 23-38) who have student loan debt have delayed at least one major life or financial milestone as a result, according to a new Bankrate.com report. Mr. Hamrick said the issue has influenced large percentages of Americans of all ages, affecting decisions such as buying a home or car, saving for retirement, having children and getting married.

Issues covered:
Student Debt
Education
Personal Finance

Length: 9:47

David Closs, PhD, Professor of Supply Chain Management in the Eli Broad College of Business at Michigan State University

Phony prescription drugs are big business and can be life-threatening to consumers. Dr. Closs discussed a recent change in federal regulations that requires companies to track prescription drugs from their raw materials stage to their delivery to pharmacies. He explained how copycat drugs sometimes make their way into the system and what consumers need to know.

Issues covered:
Drug Safety
Government Regulations
Personal Health

Length: 7:12

Show # 2019-11

Date aired: 3-17-2019 **Time Aired:** 0600

Scott McCartney, Travel Editor and author/creator of the weekly Middle Seat column on airlines and travel for The Wall Street Journal

Airlines' pricing strategies have changed in significant ways in the past several years and ticket prices can literally change by the minute. Mr. McCartney discussed the best days to find the lowest prices, how far ahead to buy and other money-saving travel tips for airline travel.

Issues covered:
Consumer Matters
Transportation

Length: 8:26

Arielle O'Shea, investing and retirement specialist, Nerdwallet.com

Ms. O'Shea said the average American must live on their retirement savings for 23 years. She explained how consumers can determine how much money they may need in retirement. She outlined four strategies to find extra income and control expenses in retirement. She recommends using a fee-only financial planner.

Issues covered:
Retirement Planning
Personal Finance

Length: 8:40

Penelope Larsen, researcher and PhD candidate, School of Exercise Science, Sport & Health, Charles Sturt University, Bathurst, New South Wales, Australia

Show # 2019-12

Date aired: 3-24-2019 **Time Aired:** 0600

Michael J. Blaha, MD, MPH, Preventive Cardiologist, Director of Clinical Research at the Ciccarone Center for the Prevention of Heart Disease at Johns Hopkins Hospital

Dr. Blaha recently led a study that suggests that people who exercise habitually are more likely to survive their first heart attack. He discussed the wide-ranging benefits of exercise and how much is

enough. He said even older people can get in shape and get the heart-protective benefits of physical activity. He also offered ideas for how to get started.

Issues covered:
Personal Health
Senior Citizens

Length: 9:03

Janette Sadik-Khan, transportation and urban transformation expert, former transportation commissioner of New York City, author of "Streetfight: Handbook for an Urban Revolution"

Ms. Sadik-Khan discussed the importance of incorporating innovative transportation plans into modern urban environments. She explained how cities can add protected bike paths, improve crosswalk space, and provide visual cues to reduce speeding. She said redesigning streets can reduce congestion and increase foot traffic, which often improves the bottom line of local businesses.

Issues covered:
Urban Planning
Public Transportation

Length: 8:16

Show # 2019-13

Date aired: 3-31-2019 **Time Aired:** 0600

James P. Smith, PhD, Distinguished Chair in Labor Markets and Demographic Studies at the RAND Corporation, a nonprofit research organization

Dr. Smith led a study that found that Americans under the age of 26 are much more likely to be arrested than Americans born in previous decades. He noted that the increase occurred most rapidly among white Americans and women. He said that the study also found connections between the rising rate of arrests/convictions and lower probabilities of being married, fewer weeks worked, lower hourly wages and lower family incomes during Americans' adulthood.

Issues covered:
Crime
Legal

Length: 9:04

Ramon Hinojosa, PhD, Assistant Professor in the Department of Sociology at the University of Central Florida

Prof. Hinojosa warned of a coming public health crisis for veterans. He led a study that found that veterans are more likely to have heart disease at a younger age than nonveterans. He discussed the possible differences between vets who served in Iraq and Afghanistan compared to those who served in previous conflicts. He offered advice for veterans who may have cause for concern.

Issues covered:
Veterans Issues
Personal Health

Length: 8:09