

**[KHAR]**

**[Anchorage, Ak]**

**Quarterly Issues/Programming Report for [Q1/2020]<sup>[1]</sup>**

During this quarter, this station gave particular attention to the issues listed in the following report. These issues are not listed in order of importance and it should be noted that the station may have also aired other programming that was responsive to the community's informational needs.

**ISSUE: Online Security**

**Crime**

**Consumer Matters**

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<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>InfoTrak</u>	<u>01-04</u>	<u>7:30a, 9:00</u>	<p>1. <b>Michelle Mazurek, PhD</b>, Assistant Professor, Computer Science, University of Maryland College Park</p> <p>Nearly everyone today struggles with a myriad of passwords for their online activities. Professor Mazurek was involved in research at Carnegie Mellon University that found that long passphrases are more effective and easier to remember than an incomprehensible string of letters, numbers and special characters.</p>

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**ISSUE: Career Parenting**

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<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>InfoTrak</u>	<u>01-04</u>	<u>7:39a, 8:30</u>	<p>2. <b>Chris Voss</b>, former FBI's lead international kidnapping negotiator, founder and principal of The Black Swan Group, author of <i>"Never Split the Difference: Negotiating As If Your Life Depended On It"</i></p> <p>Mr. Voss discussed the skills that helped him and his colleagues succeed where it mattered most: saving lives. He explained how of those same negotiating tactics and principles are critical in everyday life, in areas such as buying a car, negotiating a salary, buying a home, or parenting.</p>

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**ISSUE: Mental Health**

**Physical Fitness**

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<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>InfoTrak</u>	<u>01-11</u>	<u>7:30a, 8:30</u>	<p>1. <b>Jordan W. Smoller, PhD</b>, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health</p> <p>Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.</p>

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ISSUE: Personal Growth

Addictions

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>01-11</u>	<u>7:38a, 8:30</u>	1. <b>Wendy Wood, PhD</b> , Provost Professor of Psychology and Business at the University of Southern California, author of <i>"Good Habits, Bad Habits: The Science of Making Positive Changes That Stick"</i>  <p>This is about the time in the calendar that <u>New Year's resolutions fail</u>. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.</p>

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ISSUE: Parenting

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>01-18</u>	<u>7:30a, 8:00</u>	<p>1. <b>Erica Reischer, PhD,</b> psychologist, parent educator, author of "<i>What Great Parents Do:</i></p> <p><i>75 Simple Strategies for Raising Kids Who Thrive</i>"</p> <p><u>Children don't come with an owner's manual, but many parents wish they did. Dr. Reischer offered simple, action-oriented steps anyone can take to improve their parenting skills. She discussed the importance of empathy, how to distinguish between goals and methods, and why it's helpful for parents to view their kids as little explorers and scientists.</u></p>

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## ISSUE: Retirement Planning

### Senior Citizens

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>01-18</u>	<u>7:38a, 9:30</u>	2. <b>Andrew Scott</b> , Professor of Economics at the London Business School, Fellow at All Souls College, Oxford University and the Centre for Economic Policy Research, co-author of <i>"The 100-Year Life: Living and Working in an Age of Longevity"</i>  <u>Many Americans have been raised on the traditional notion of a three-stage approach to life: education, followed by work and then retirement. However, Prof. Scott said this well-established pathway is already beginning to collapse: life expectancy is rising, pensions are vanishing, and increasing numbers of people are juggling multiple careers. He offered suggestions for how to better plan for a productive, longer life and retirement in today's rapidly-evolving economy.</u>

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ISSUE: Caregiving

Mental Health \_\_\_\_\_

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>01-25</u>	<u>7:30a, 9:30</u>	1. <b>Donna Thomson</b> , author of <i><u>"The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver"</u></i>

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It's estimated that 45 million Americans are currently providing unpaid care for a loved one. Ms. Thomson shared her own story as a longtime caregiver, and talked about the unexpected rewards and challenges that caregivers often find. She also explained why being part of a community of caregivers is vital to navigate the unpredictable terrain of care.

ISSUE: Nutrition

Addiction

Consumer Matters

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>01-25</u>	<u>7:39a, 8:00</u>	2. <u>Molly Carmel, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of "Breaking Up with Sugar."</u>  <u>Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.</u>

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## ISSUE: Drug Addiction

### Public Health

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>02-01</u>	<u>7:30a, 9:30</u>	1. <u>Rachel Alinsky, MD., MPH,</u> <u>Pediatrician and Adolescent</u> <u>Medicine Fellow at the Johns</u> <u>Hopkins Children's Center</u>

Dr. Alinsky led a recent study that found that that less than a third of adolescents and young adults who experienced a nonfatal opioid overdose received appropriate follow-up addiction treatment to reduce the risk of a second overdose. She said youth are at a very high risk of another overdose in the first few months after the first one.

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**ISSUE: Retirement Planning**

**Minority Concerns**

**Government Policies**

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<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>InfoTrak</u>	<u>02-01</u>	<u>7:39a, 8:00</u>	2. <u>Monique Morrissey</u> , Economist, Economic Policy Institute  <u>Ms. Morrissey's organization is highly critical of the nation's policies for funding retirement. She led a study that found that only about 54% of Americans are saving for retirement. She explained why she believes that the shift from traditional pensions to 401(k)s has increased retirement inequality for U.S. families, based on their income, race, ethnicity, education, and marital status.</u>

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ISSUE: Education

Personal Finance

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>02-08</u>	<u>7:30a, 9:00</u>	1. <b>Anthony ONeal</b> , author of <i><u>“Debt-Free Degree: The Step-by-Step Guide to Getting Your Kid Through College Without Student Loans”</u></i>  <u>Mr. ONeal discussed the huge negative impact that student debt has on today’s college graduates. He outlined three main ways to graduate debt free: saving money, finding money via grants and scholarships, and working for money. He recommended that students apply for lesser-known small-dollar scholarships, before going after the large ones.</u>

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## ISSUE: Teen Suicide

### Mental Health

### Parenting

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>02-15</u>	<u>7:30a, 8:00</u>	<p>1. <b><u>Anna S. Mueller, PhD,</u></b> <u>Sociologist and Assistant Professor</u> <u>in Comparative Human</u> <u>Development, Research Associate</u> <u>at the Population Research Center</u> <u>at the University of Chicago</u></p> <p><u>Teen suicide clusters are a recent discovery,</u> <u>and little is understood about their causes</u> <u>and how to prevent them. Prof. Mueller</u> <u>studied of the phenomenon in a small town.</u> <u>She found that intense pressure to succeed</u> <u>academically and athletically, plus the ease</u> <u>with which private information became</u> <u>public, due to social connectedness, left</u> <u>teens and their parents unwilling to seek</u> <u>help for mental health problems. She said</u> <u>suicide prevention strategies need to be</u> <u>tailored to fit the unique dynamics of</u> <u>individual communities.</u></p>

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ISSUE: Bullying

Workplace Matters

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>02-15</u>	<u>7:38a, 9:30</u>	2. <b>Shola Richards</b> , author of <i>"Making Work Work: The Positivity Solution for Any Work Environment"</i>  A surprising number of Americans have experienced bullying on the job. Mr. Richards discussed the reasons that some people become bullies, and offered suggestions for how to deal with bullying in an effective and positive way. He said documenting dates, times and details of incivility are crucial, and that approaching the HR department with an issue is the best place to start.

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## ISSUE: Mass Shootings

### Criminal Justice

### Mental Health

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>02-22</u>	<u>7:30a, 9:00</u>	<p>1. <b><u>Jillian Peterson, PhD,</u></b> <u>Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society</u></p> <p><u>Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the “how” and why” of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.</u></p>

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ISSUE: Consumer Matters

Technology

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>02-22</u>	<u>7:39a, 8:00</u>	<p>2. <b>Peter H. Diamandis</b>, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of <i>"The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives"</i></p> <p><u>Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.</u></p>

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## ISSUE: Dating Violence and Abuse

### Teenager Concerns

#### Technology

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>02-29</u>	<u>7:30a, 09:00</u>	1. <u>Sameer Hinduja, Ph.D., Professor in the School of Criminology and Criminal Justice within Florida Atlantic University's College for Design and Social Inquiry, Co-Director of the Cyberbullying Research Center</u>

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Teenagers in dating relationships today are constantly in touch via texting, social media and video chat. Prof. Hinduja led a study that examined "digital dating abuse," in which technology is used to repetitively harass, control or threaten a romantic partner. He found that more than 28% of teens who had been in a romantic relationship at some point in the previous year said they had been the victim of at least one form of digital dating abuse, and surprisingly, boys were more likely to experience it than girls.

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## ISSUE: Employment

### Career

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>02-29</u>	<u>7:39a, 8:00</u>	2. <u>Michael J. Tewes, PhD,</u> <u>Associate Professor of Hospitality</u> <u>Management at Penn State</u> <u>University</u>

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Prof. Tewes led a study that analyzed how a job candidate's social media posts affect decisions made by hiring managers. He said that 70% of employers reported looking at social media sites to help them evaluate potential employees, and 60% eliminated candidates on the basis of negative content. He found that posts that indicated self-absorption were the most damaging to a job hunter's prospects.

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ISSUE: Mental Health

Physical Fitness

Aging

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>03-07</u>	<u>7:30a, 8:00</u>	1. <b>Kelly McGonigal, PhD</b> , health psychologist, lecturer at Stanford University, author of <i>"The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, And Courage"</i>  People who are regularly active have a stronger sense of purpose, and they experience more gratitude, love, and hope. Dr. McGonigal shared stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more. She said a gym workout or other intense exercise isn't necessary—it's just important to find an activity that is enjoyable.

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ISSUE: Parenting

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>03-07</u>	<u>7:38a, 9:30</u>	2. <b>Mark McConville, PhD</b> , family clinical psychologist in private practice in Cleveland, author of <i>“Failure to Launch: Why Your Twentysomething Hasn’t Grown Up...and What to Do About It”</i>  <p data-bbox="914 726 1349 1087"><u>A recent study shows that a third of today’s 25 to 29 year-olds live with their parents—three times as many as in 1970. Dr. McConville said that many are struggling with three critical skills that are necessary to make the transition from childhood to adulthood: finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. He explained why things have changed for this generation, and how parents can help.</u></p>

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## ISSUE: Workplace Matters

### Education

### Government

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>03-14</u>	<u>7:30a, 9:30</u>	<p>1. <u>Dan Heath, Senior Fellow at the Center for the Advancement of Social Entrepreneurship at Duke University, author of <i>"Upstream: The Quest to Solve Problems Before They Happen"</i></u></p> <p><u>Mr. Heath said far too many people stay "downstream," handling one problem after another, but they never make their way "upstream" to fix the systems that caused the problems. He cited several examples to illustrate why he believes that many crimes, chronic illnesses and customer complaints are often preventable.</u></p>

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**ISSUE: Crime**

**City Planning**

**Environment**

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<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>InfoTrak</u>	<u>03-14</u>	<u>7:39a, 7:30</u>	2. <b>Hessam Sadatsafavi, PhD.</b> <u>Data Action Team Leader in the Department of Emergency Medicine at the University of Virginia Health System</u>

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Dr. Sadatsafavi led a recent study that found that properly designed and maintained outdoor green space has the potential to reduce violent crime and gun violence. He discussed the possible reasons that a community garden or small community park may keep people safe, decrease crime and promote better quality of life. He said the green space improvements are fairly inexpensive, particularly when done in the large scale of a major city.

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**ISSUE: Crime**

**Elder Abuse**

**Retirement Planning**

**Aging**

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<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>InfoTrak</u>	<u>03-21</u>	<u>7:30a, 9:30</u>	<p>1. <u>Susan Tillery, CPA/PFS, Chair of the American Institute of CPA's Personal Financial Planning Executive Committee</u></p> <p><u>A recent survey from the American Institute of CPAs found that, for older Americans, falling victim to fraud is more devastating emotionally than financially. Ms. Tillery discussed the most common forms of fraud targeting the elderly, and how friends and family members can help to protect them.</u></p>

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ISSUE: Mental Health

Media

Parenting

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Program Name	Date	Time and Duration	Description
<u>InfoTrak</u>	<u>03-21</u>	<u>7:39a, 8:00</u>	2. <u>Kasey Wallis</u> , personal coach, co-author of <i>“Who You Are Being”</i>  <u>A recent poll found that 22 percent of Americans feel angry a lot, up from 17 percent the previous year. Ms. Wallis talked about the reasons behind this trend, and why different people react differently to anger. She outlined several ways to diffuse the problem, including focused breathing. She also discussed ways that parents can teach their children how to deal with anger in a healthy way.</u>

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**ISSUE: Education**

**Coronavirus**

**Technology**

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<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>InfoTrak</u>	<u>03-28</u>	<u>7:30a, 9:30</u>	<p>1. <u>Dani Babb, PhD, MBA, online education expert, founder and CEO of the Babb Group, which specializes in curriculum development and faculty training and services</u></p> <p><u>Ms. Babb discussed what is working well for schools, what is not working, and how education delivery will be forever changed by Covid-19. She talked about the specific technical issues and other unexpected changes facing many schools that have had to scramble to move classes online. She said the graduating class of 2020 will likely end up having "virtual" graduation ceremonies.</u></p>

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**ISSUE: Racial Bias**

**Diversity**

**Parenting**

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<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>InfoTrak</u>	<u>03-28</u>	<u>7:39a, 8:00</u>	2. <u>Gail Heyman, PhD, Professor of Psychology, University of California, San Diego</u>

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Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

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