

**WQLB FM 103.3**  
**QUARTERLY REPORT**  
**OF PROGRAMMING ON ISSUES OF**  
**COMMUNITY IMPORTANCE**

*(WQLB is simulcast with WKJZ 100%)*

**FOR THE PERIOD**  
**JANUARY 1<sup>ST</sup> THROUGH MARCH 31<sup>ST</sup>, 2024**

**Below is a list of significant problems and needs of the WQLB FM service area and programming information includes:**

**The Economy and Job Opportunities:** The state and local economy continues to hold steady, while business development is slow and unemployment is in check. Tourist related businesses dominate the market. We focus in on new and established businesses in to the area and what job opportunities might be available. Plus, career training facilities that might be available

**Education:** Northeast Michigan monitors assessments of education funding and effectiveness, test scores for students and employment placement for graduates. Continued debate over the state's primary, secondary and high school education system prompts examination of issues related to education.

**Environment:** As awareness of the environment increases nationwide, Northeast Michigan is confronted with an increasing number of environmental issues. More than protection and preservation of the environment, the state, and its residents must concern themselves with issues such as: hazardous waste, chemical manufacturing sites, contamination of streams and rivers by the former Wurtsmith Air Force Base in Oscoda, industrial pollutants, and the effects of these on the area's abundant wildlife.

**Government:** This section focuses on decisions made by national, state, and local officials, which affect Northeast Michigan. These include increased concerns regarding the various law enforcement agencies, environment, roads, and local communities.

**Health Care:** Among the concerns expressed for the elderly is medical issues regarding area nursing homes, hospitals, therapy centers, Iosco County medical care facilities plus, cost of housing. Also the continuous escalation of insurance costs.

**Tourism and Recreation:** Northeast Michigan continues to be one of the top vacation spots in the Midwest. This section of the report focuses on hunting, the Great Lakes, parks, and events that bring tourist dollars essential to our economy.

Description of WQLB FM Programs Providing the Most Significant Treatment of  
Community Issues

<u>Program</u>	<u>Day</u>	<u>Time</u>
6:30 a.m. News	Monday through Friday	6:30 – 6:35 a.m.
7:30 a.m. News	Monday Through Friday	7:30 – 7:35 a.m
8:30 a.m. News	Monday Through Friday	8:30 – 8:35 a.m

**All of the above programs are locally produced news programs. They include local News, Local Weather, Local sports and local obituary notifications. This is particularly important to mention because we have no daily local newspaper, only a weekly. We do include issue responsive segments as well.**

InfoTrack	Sunday	5:15 – 5:45am
Sunrise Side Today	Monday through Friday	5:30 – 5:40 a.m.
Morning Interviews	Monday through Friday	8:15 a.m. – Varies (See times below)

**Public Service  
“Live Read”  
Announcements**

Monday through Friday

6:00 – 7:00 p.m.

**Public Service “live Read” cards are :10, :15, :20, :30 and :60 seconds in length  
And pertain to issues of community interest.  
They are read twice per hour, Monday thru Friday**

**Public Service  
“Recorded”  
Announcements**

Monday through Friday

6:00 – 7:00 p.m.

**Public Service scheduled messages are:30 and :60 seconds in length  
And pertain to community issues.  
See below for times and subject matter**

JANUARY

1/04/2024 - 1/29/2024

<u>Campaign</u>	<u>Message</u>	<u>Length</u>	<u>RunTimes</u>
MVAA	2024 SUICIDE PREVENTION	:30	10
PHE UNWIND	CHANGES TO BENEFITS	:30	05
RADON	HOME	:30	10
MGCB	WHITE WATER RAFTING	:30	15
COVID/FLU	LAYERS MAB	:30	20

FEBRUARY

01/30/2024 - 2/26/2024

<u>Campaign</u>	<u>Message</u>	<u>Length</u>	<u>RunTimes</u>
MVAA	2024 SUICIDE PREVENTION	:30	08
PHE UNWIND	CHANGES TO BENEFITS	:30	05
RADON	HOME	:30	08
COVID/FLU	LAYERS MAB	:30	21
MISA	ACHIEVEMENT SCHOLARSHIP	:30	10

MARCH 02/27/2024 - 3/25/2024

<u>Campaign</u>	<u>Message</u>	<u>Length</u>	<u>RunTimes</u>
MISA	ACHIEVEMENT SCHOLARSHIP	:30	12
RADON	HOME	:30	10
MGCB	WHITE WATER RAFTING	:30	15
MVAA	24 SUICIDE PREVENTION	:30	08
COVID/FLU	LAYERS MAB	:30	20
PHE UNWIND	RENEW BENEFITS	:30	05

## 1<sup>st</sup> QUARTER INTERVIEWS

WQLB-WKJZ

January – March 2024

Jan 2 – Major Prezza Morrison, Salvation Army Alpena – 4:33 – Major Morrison thanked the community for their support of the Salvation Army’s Holiday goal. The goal was \$165,000, and the Salvation Army surpassed that by more than \$400. The money will be used throughout the year to help residents in the Alpena area with basic needs.

Jan 3 – Laurel Nowack, Chairperson, The Dignity Drive – 3:22 – Laurel talked about the Dignity Drive, a program to help provide personal hygiene products to homeless children or those from a low-income family. Laurel asked listeners to donate products including soap, shampoo, brushes, razors, etc. The headquarters for drop-off is Star Staffing in Alpena.

Jan 4 – Sue Miller, Shoreline Players, Oscoda – 3:28 – Sue invited the public to audition for an upcoming show. The show is “Boeing, Boeing”, a comedy. The production will be on the stage at the Shoreline Players Theater in March, but, auditions will be held this afternoon and this Saturday, and everyone is welcome to audition!

Jan 5 – Fred Edgerton, 18<sup>th</sup> Annual Classic & Vintage Snowmobile Show & Swap – 3:55 – Fred invited the whole community to the upcoming snowmobile show & swap. Fred talked about the different between classic & vintage snowmobiles, and everyone is welcome. Admission is free, and there will be trophies for kids who ride the Kitty Cat track.

Jan 8 – Dale Evilsizer, Exec Director, Iosco County Commission on Aging – 4:56 – Dale talked about plans for the new year for the commission on aging. He also invited all seniors to the 4 local senior centers in Iosco county with lots of programs and services. And, the commission is also looking for more employees and anyone who wants to apply can do so online or in person.

Jan 9 – Donna Klein, Rogers City Community Theater – 3:29 – Donna invited everyone to the upcoming auditions for the upcoming production of “Something Rotten”. The show is a musical comedy and Donna invited everyone to audition for the production, and even those who don’t sing can help the theater behind the scenes.

Jan 10 – Cassandra Sandler, Resource Protection Specialist, Thunder Bay National Marine Sanctuary. 4:10 – Cassandra talked about the upcoming 12<sup>th</sup> annual Thunder Bay International Film Festival. The festival is 5 days long,, and includes hundreds of movies, the filmmaker’s panel, students films and much more. Tickets and a full schedule of events are available now.

Jan 11 – Norm Sommerfeld, APlex Alpena – 3:01 – Norm invited the public to the A Plex in Alpena for “Comedy For A Cause”. Saturday night, there will be 3 professional comedians, live music and proceeds will benefit United Way of Northeast Michigan. Admission is \$10 per person, there will be concessions and raffles.

Jan 15 – Carol Cushion, Tawas Bay Art Gallery – 3:45 – Carol invited everyone to take advantage of the gallery’s Paint A Perch contest. Everyone of all ages is invited to stop by the gallery and get a free wooden perch cut-out, then, paint it at home or at the gallery. There will be lots of prizes in lots of age categories and the perch will be on display during Perchville USA in the Tawas area in February.

Jan 16 - Daniel Moffett, Education Specialist, Thunder Bay National Marine Sanctuary Alpena – 4:32 – Daniel talked about the upcoming Thunder Bay International Film Festival, and the Student film competition. Daniel talked about how the festival has been on the road to local schools, showing some of the movies that will be shown during the festival with discussion with students about climate issues.

Jan 17 – Robin Savage, Librarian, Robert J Parks Library, Oscoda – 4:03 – Robin invited the public to the upcoming event to bring attention to stalking awareness. The library has joined with Hope Shores Alliance, the local women’s shelter for this event, which will honor Peggy Clink, a woman who was murdered by her stalker. There will be painting, giveaways, resources, snacks and more.

Jan 18 – Robin Savage, Librarian, Robert J Parks Library, Oscoda – 3:54 – In Part 2 of our interview with Robin, she talked about programs through the library, including free presentations, technology programs, teen programs, a Cutest baby contest and much more. She also talked about an upcoming Murder Mystery at the library.

Jan 19 – Rob Young, AuSable Inn Riverview Restaurant & Sports Bar – 3:25 – Rob invited everyone to come out to the restaurant tonight for the first week of Iosco Idol. The contest is every Friday night for 6 weeks. There are 10 contestants vying for the one thousand dollar prize. There will be one contestant eliminated each week, leading up to the finale.

Jan 22 – Lenny Avery, Economic Development Coordinator, Alpena County – 4:36 Lenny invited everyone to the upcoming Housing Expo. The expo will be held at Art in the Loft and will include information about local housing, with presentations, and there will be vendors including banking agents, insurance agents, realtors, even builders. Admission is free and open to everyone.

Jan 23 – Michelle O’Kelly, Parks & Recreation Fund Developer, Michigan Department of Natural Resources – 4:01. Michelle invited everyone to take part in the “Happy Little Run for the Trees”. It’s a virtual 5K run-walk that raises money for tree planting in Michigan. Everyone can take part by registering online, then complete their 5K anytime between now and April, and the registration cost is used to plant trees across the state.

Jan 24 – Thomas Lindsay Haskin, Filmmaker – 3:29 – Thomas talked about his movie, “Relentless” which will be a highlight of the Thunder Bay International Film Festival. The movie is about the history of the invasive Sea Lamprey. Thomas invited everyone to come to the festival to see the movie, and there will be a special showing in Rogers City, where some of the original scientists worked on the lamprey issue at the Hammond Bay Research lab.

Jan 25 – Mary Schalk, Director, Partners in Prevention – 3:55 – Mary talked about Partners in Prevention, a local non-profit, serving 5 counties in northeast Michigan. They work with the public to help residents deal with mental health issues with classes and programs which are open to everyone. There will be upcoming programs dealing with youth mental health, children who have experienced trauma, and suicide prevention classes.

Jan 26 - Rob Young, AuSable Inn Riverview Restaurant & Sports Bar – 3:25 – Rob invited everyone to come out to the restaurant tonight for the 2<sup>nd</sup> week of Iosco Idol. The contest is every Friday night for 6 weeks. There are 10 contestants vying for the one thousand dollar prize. There will be one contestant eliminated each week, leading up to the finale.

Jan 29 – Cassandra Sadler, Resource Protection Specialist, Thunder Bay National Marine Sanctuary. 4:10 – Cassandra talked about the upcoming 12<sup>th</sup> annual Thunder Bay International Film Festival. The festival is 5 days long,, and includes hundreds of movies, the filmmaker’s panel, students films and much more. Tickets and a full schedule of events are available now.

Jan 30 – Arianna Conklin, Perchville Chili Cook-off 3:02 – Arianna invited everyone to this Saturday’s chili cook-off in downtown East Tawas. With more than 20 businesses participating. Buy your chili koozie at participating locations, then on Saturday, sample chili and vote for your favorite!

Jan 31 – Sam Duvall, Executive Director, Tawas Area Chamber of Commerce – 4:33 – Sam talked about all the events this weekend at Perchville USA in the Tawas, including the Royal Feast, the polar bear plunges, chili cook-off, live music, teen dance, parade, murder mystery dinner, cornhole tournaments and much more.

Feb 1 – Kris Allor, Coordinator, Perchville Family Expo – 4:32 – Kris invited everyone to the Family Expo this Saturday, during Perchville USA. The expo will be held at the East Tawas Community Center from 10 until 3, with prize drawings, a juggler, activities for kids, a magician, a canine demonstration snacks and much more. Admission is free and everyone is welcome.

Feb 2 - Rob Young, AuSable Inn Riverview Restaurant & Sports Bar – 3:25 – Rob invited everyone to come out to the restaurant tonight for the 3<sup>rd</sup> week of Iosco Idol. The contest is every Friday night for 6 weeks. There are 10 contestants vying for the one



thousand dollar prize. There will be one contestant eliminated each week, leading up to the finale.

Feb 5 – Nicholas Bruning, IRESA Professional Student of the Month – 3:11 – Nicholas is in the Health Science II program at the local tech center. Nicholas comes from a family of EMS/EMT members, and he has already received his certifications and is doing work-site with Iosco County Dispatch and Ogemaw County Dispatch because of his experience through the class.

Feb 6 – Lee Ann Schultz, Ice Fest Committee – 3:54 – LeeAnn invited everyone to the upcoming 3<sup>rd</sup> annual Ice Festival in Alpena. With lots of events for the whole family. From 10 until 4 at Michekewis Park in Alpena, there will be lots of kids activities, ice sculptures, a huge bonfire courtesy of the Alpena Fire department, sledding, food & beverages, characters, and the broomball game between the Alpena Fire Department and Alpena Police Department. Events are free and open to everyone.

Feb 7 – Lynne Pillsbury, Commander, American Legion Post 211 in East Tawas – 2:55 – Lynne invited everyone to come out and enjoy Burger Night and Cornhole tournaments. Tournaments will be held Tuesday evenings through April. Cost is \$15 per person and there will be prizes for the winners and funds will be used for Legion building maintenance and helping local veterans in need.

Feb 8 – Norm Sommerfeld, APlex Alpena – 3:02 – Norm invited everyone to the upcoming Comedy For A Cause. Everyone is welcome to enjoy 2 professional comedians. Plus, live music and concessions. Tickets are \$10 per person and proceeds will benefit the Ready, Set Snap program through the A Plex which allows adults with special needs to enjoy movies, activities, and much more.

Feb 9 - Rob Young, AuSable Inn Riverview Restaurant & Sports Bar – 3:25 – Rob invited everyone to come out to the restaurant tonight for the 4<sup>th</sup> week of Iosco Idol. The contest is every Friday night for 6 weeks. There are 10 contestants vying for the one thousand dollar prize. There will be one contestant eliminated each week, leading up to the finale.

Feb 19 – Robin Savage, Branch Director, Robert J Parks Library Oscoda – 4:29 – Robin invited everyone to the Murder Mystery “Who Done It”. Everyone is welcome to stop into the library, stop at the circulation desk, and then search the library for clues as to who murdered the local book delivery man! There will be prizes for those who can solve the mystery. Great free fun for the whole family.

Feb 20 – Stephanie Gandulla, Thunder Bay National Marine Sanctuary & Great Lakes Maritime Heritage Center in Alpena – 3:45. Stephanie invited everyone to come to the Sanctuary and Visitor’s Center. 10,000 square feet of free maritime exhibits are open every day. Stephanie also told us the shipwreck story of the B.W. Blanchard, a ship that sank in the shallow waters of Thunder Bay in November of 1904.

Feb 21 – Sue Nemeth, WE Players – 3:28 – Sue invited everyone to the upcoming production of “Almost Maine”. The WE Players are a non-profit organization for children who want to be on the stage! This Friday and Saturday night, the WE Players invite the community to the romantic comedy “Almost Maine”, featuring 11 young actors. The show will be held at the Tawas Bay Players Theater in East Tawas.

Feb 22 – Stephanie Gandulla, Thunder Bay National Marine Sanctuary Alpena - :3:01 Stephanie invited everyone to the Sanctuary Lecture Series. The presentations are free and open to everyone. Stephanie will be discussing the discovery of the shipwreck The Ironton, which was lost in 1894. With a partnership with the US Coast Guard, the Ocean Exploration Trust, and The University of New Hampshire, the Ironton was found in 2019.

Feb 23 - Rob Young, AuSable Inn Riverview Restaurant & Sports Bar – 3:25 – Rob invited everyone to come out to the restaurant tonight for the 5<sup>th</sup> week of Iosco Idol. The contest is every Friday night for 6 weeks. There are 10 contestants vying for the one thousand dollar prize. There will be one contestant eliminated each week, leading up to the finale.

Feb 26 – Katy Carrigan, Director Stonehouse Studio, Rogers City. 3:56 – Katy talked about the upcoming “Murals on Main” festival in June in Rogers City. But, she also invited all local artists to apply to paint a mural in Rogers City and be part of the festival. All artists in Presque Isle, Cheboygan, Alpena or Montmorency Counties are welcome to apply. The organization will pay for the artist’s supplies and the artist chosen will also receive \$1,000.

Feb 27 – Shannon Vavero, Coordinator, Rock Recovery Battle of the Bands – 4:08. Shannon invited everyone to the upcoming Battle of the Bands at the A Plex in Alpena. There will be 5 bands vying for the prize of \$500 and studio time. There will also be testimonials from people who have dealt with addiction. It is a non-alcoholic event, and proceeds will benefit the Freedom Recovery Center in Alpena.

Feb 28 – Sue Miller, Shoreline Players Community Theater, Oscoda – 3:56 – Sue invited the public to the upcoming production of the comedy “Boeing, Boeing”. Showtimes are Friday and Saturday nights at 7:00 pm and Sunday afternoon at 2:00. Tickets are available online or at the box office which opens an hour before each show time.

Feb 29 – Jan Pankner – Rogers City Area Zonta Club – 3:22 – Jan invited everyone to the upcoming “Dueling Pianos & Comedy Show” at the Belknap Township Hall in Rogers City. Proceeds will benefit the Zonta Club which works to resolve women’s issues including, human trafficking, homelessness, education, women’s rights, domestic violence and more. They are also looking for new members and everyone is welcome to join the club.

Mar 1 - Rob Young, AuSable Inn Riverview Restaurant & Sports Bar – 3:25 – Rob invited everyone to come out to the restaurant tonight for the finale of Iosco Idol. The contest has been staged every Friday night for 6 weeks. We are down to the last 5

contestants and one will win the one thousand dollar prize. Everyone is welcome to come out and cheer on their favorite.

Mar 5 – Carlene Falker, The Legacy Walk – 3:22 – Carlene talked about the Tawas Bay Legacy Walk. The walk will be at the end of the new Shoreline Pier. Fundraising is going on to raise funds for the walk and a large, lighted arch over the walk. 8 x 8 pavers are available for \$200 each and will be carved with names for gifts or memorials.

Mar 6 – Alyssa Runyan, Professional Student of the month, IRESA Tech Academy. 2:44 – Alyssa talked about being in the Teacher Prep Academy at the tech center in Tawas City. Alyssa plans to become a teacher after high school and is already working with a special education teacher at Clara Bolen Elementary School. She talked about the experiences she’s had in the class and that she recommends classes to other juniors and seniors.

Mar 7 – Norm Sommerfeld, A Plex in Alpena – 3:19 – Norm invited everyone to the A Plex this Saturday night with 2 events happening. Comedy for a Cause will feature 3 professional comedians, live music and proceeds will benefit Special Needs Prom. There will also be Music For A Cause with the live band Risque, and proceeds from that show will benefit Special Olympics. Everyone is welcome to both events and tickets are available online.

Mar 8 – Ann Gentry, Executive Director, Alpena Downtown Development Authority – 4:33. Ann talked about the expansion of the downtown Social District in Alpena, which allows customers to enjoy an alcoholic beverage on the streets of downtown Alpena. She also invited all artists to apply for the Fresh Waves project, which will choose an artists to paint a small mural and an artists to paint a large mural in the downtown area.

March 11 – Paul Crumley, Tawas Community Concert Band – 4:01 Paul invited everyone to the upcoming free concert at Tawas Area High School. The theme is “Going Places” and during intermission, the band will be awarding scholarships to local students for band camp and music tutoring. He also reminded listeners that the band is always looking for more people to join.

March 12 – Tim Kuehnlne, Thunder Bay Arts Council – 3:45 – Tim invited everyone to the upcoming St. Patrick’s Day Celebration sponsored by Thunder Bay Arts Council. The celebration will be held this Friday night at Art in the Loft in Alpena and will feature free snacks, a cash bar featuring authentic Irish drinks, live music with the band Blackthorn, traditional dancing and Irish storytelling.

March 13 – Jamie Treinan – Director, Feeding Kids Ministry, Alpena – 3:45 Jamie invited everyone to the upcoming Spring Craft Bazaar to raise funds for the Feeding Kids Ministry which provides food for students in the Alpena school district to take home on weekends and school breaks. Admission to the arts & crafts show is \$1 for adults, and there will other opportunities to donate to the cause with raffles and kids crafts.

March 14 – Tammy Kish, Vietnam Veterans #583 – 4:01 Tammy invited everyone to the upcoming Spring Craft Show to raise money for Operation: Holidays. Each year, Vietnam Veterans Chapter 583 collects donations of money, food and toys and distributes Thanksgiving meals to less fortunate families in 4 counties, and toys for kids in those 4 counties for Christmas.

March 15 – Linda Otee, American Legion Auxiliary Post #422 Hale – 2:10 – Linda invited the public to the upcoming Pre-Irish Bash at the post in Hale. They will be serving a traditional corned beef & cabbage dinner, plus games, 50/50 raffles, and live music. Proceeds will be used to support local veterans in need.

March 18 – Paul Crumley, Tawas Community Concert Band – 3:01 – Paul reminded the community of tonight’s spring concert at Tawas Area High School. The theme is “Going Places”, and the concert is free and open to all. Student scholarship winners will also be announced during the show, and music students will receive scholarships for school or private tutoring.

March 19 – Ben Whitter, Band Director, Hillman High School Band – 3:22 – Ben invited the community to help support the band by purchasing tickets to the upcoming Detroit Red Wings game on Monday, April 15<sup>th</sup>. The Hillman High School band has been asked to play before the game begins. The more than 100 member band will be using proceeds from the ticket sales for transportation to the game.

March 20 – Marv Pichla, President, Huron Shores Campus, Alpena Community College – 5:02 . Marv invited the community to the upcoming “ACC Talks” program. 3 local entrepreneurs will be discussing their businesses and taking questions from the audience. The program is free and open to anyone with dreams of opening their own business.

Mar 21 – Doris May – Quota Club of Iosco County 3:45 – Doris talked about the good work the Quota Club does in the community and invited anyone who wants to join the club to contact her. She also invited everyone to the upcoming “Breakfast With The Easter Bunny’ event at the local Lutheran Church. There will be lots of games, activities, and prizes for kids of all ages. Proceeds benefit the Quota Club of Iosco County.

Mar 22 – Norm Sommerfeld, Director of Events, A Plex Alpena – 3:25 Norm invited everyone to the last “Music for a Cause” event until fall. This Saturday night, doors open at 5:30, with guitar music by Randy Bouchard and then the band “Yankee Station” will take the stage. There will be concessions available and 50/50 raffle. Proceeds benefit the Thunder Bay Curling Club.

Mar 25 – Deyton Williams, IRESA Professional Student of the Month – 3:00 – Deyton talked about his experience taking the Business Management Program at the tech center. He talked about what he’s learned, his future plans and recommended classes to other juniors and seniors in Iosco County.

Mar 26 – Sue Miller, Shoreline Players Theater – 5:01 – Sue invited the community to attend upcoming auditions for the theater’s production of “Steel Magnolias”. Auditions are tonight, Thursday night and Saturday afternoon at the theater in Oscoda. The production will on the stage in June. She also reminded everyone about the newly rescheduled production of “Boeing Boeing” which will be on the stage in early April.

Mar 27 – Shelly Gibbs, Friends Together – 4:22 – Shelly invited everyone to the upcoming “Mrs. Roper Round-up”. The party that’s sweeping the nation will be held at the Players Pub & Grub. With lots of games and prizes, a costume contest for the best 70’s wear, drinks and snacks! Proceeds benefit Friends Together, the cancer support agency serving all of northeast Michigan.

Mar 28 – Sam Duvall – Executive Director, Tawas Area Chamber of Commerce – 3:20 – Sam invited everyone to purchase their “Light Up the Bay” raffle tickets. Just \$10 each and all proceeds will be used for the 4<sup>th</sup> of July fireworks show in Tawas City! And, there will be a random drawing for 4 prizes. First prize is \$2,000, second prize is \$1,000, third and fourth prizes are \$500 each. Tickets are available now at the chamber and participating stores in Tawas & East Tawas.

Mar 29 – Daniel Moffat, Stewardship & Education Specialist, Thunder Bay National Marine Sanctuary – 4:33 – Daniel invited all area kids to sign up for 4 new Summer At The Sanctuary programs! They include The Underwater Robot Academy, Archaeology Adventure, Learn To Snorkel and Outside & Unplugged. Registration for the classes opens on April 1<sup>st</sup>!

**Michigan Sunrise Side Today**

**1<sup>st</sup> Quarter January-March 2024**

**Monday-Friday**

**5:30am WQLB 103.3FM & WKJZ 94.9FM**

**6:15am WTZM 106.1FM**

**12:30pm WKJC 104.7FM**

**3:15pm WIOS 1480AM**

**5 Minutes Per Show**

-Monday, January 1st- Jill Gonzalez, Marketing Director for Wallet Hub Dot Com, with interesting facts and figures on New Year's Celebrations including best and worst cities to spend New Year's

-Tuesday, January 2nd- Sue Miller, Director of the Shoreline Players of Oscoda, with information on their upcoming auditions for the comedy production of "Boeing, Boeing" in March

-Wednesday, January 3rd- Fred Edgerton, with information on the upcoming Antique, Classic and Vintage Snowmobile Show, Swap Meet and Trophy Presentations at the Hale American Legion

-Thursday, January 4th- Dale Evilsizer, Executive Director of the Iosco County Commission on Aging, with information on new programs being offered at the four senior centers

-Friday, January 5th- Linda Friedgen, Director of the Iosco County Humane Society, with information on dogs, cats, puppies and kittens available for adoption at the shelter in Tawas City

-Monday, January 8th- Michelle O'Kelley, Director of Fundraising with the Michigan Department of Natural Resources, with information on the virtual 5K Bob Ross Run For The Trees Benefit

-Tuesday, January 9th- Carol Kushion, Director of the Tawas Bay Art Gallery, with information on the Perchville Paint A Perch Contest in conjunction with the Tawas Area Chamber of Commerce

-Wednesday, January 10th- Jennifer Brace, Senior Marketing Director with Ford Motor Company, with information on their recent “Ford Futures” study of trends in lifestyle marketing

-Thursday, January 11th- Linda Friedgen, Director of the Iosco County Humane Society, with information on dogs, cats, puppies and kittens available for adoption at the shelter in Tawas City

-Friday, January 12th- Christopher Martin, Director of Develop Iosco and Region 7B Consortium, with information on the annual meeting held in December and upcoming Grant Workshops Part 1

-Monday, January 15th- Christopher Martin, Director of Develop Iosco and Region 7B Consortium, with information on the annual meeting held in December and upcoming Grant Workshops Part 2

-Tuesday, January 16th- James Erickson, of the Tawas Area Knights Of Columbus, with information on their sponsorship of the Tawas Area Community American Red Cross Blood Drive

-Wednesday, January 17th- Robin Savage, Director of the Robert J. Parks Library in Oscoda, with information on their upcoming National Day of Stalking Awareness Program

-Thursday, January 18th- Shannon Ludwig, Secretary of the Hale Area Education Foundation, with information on their upcoming Trivia Night Fundraiser for their Scholarship Program

-Friday, January 19th- Nicole Wethington, Instructor with the Michigan State University Extension, with information on a series of upcoming Virtual Wellness Classes in January and February

-Monday, January 22nd- Julie Darnton, Director of the Michigan State University Extension, with information on an ongoing survey of area residents on what classes they’d like to see offered

-Tuesday, January 23rd- Tom King, Commander of the American Legion Audie Johnson Post #211 of East Tawas, with information on their upcoming Spaghetti Dinner Fundraiser

- Wednesday, January 24th- Samantha Duvall, Director of the Tawas Area Chamber of Commerce, with information on the upcoming Perchville Coronation Breakfast announcing this year's Royalty
- Thursday, January 25th- Robin Savage, Director of the Robert J. Parks Library in Oscoda, with information on their upcoming Computer 101 Class for Seniors at the Library
- Friday, January 26th- Dennis Locke, Director of the Whittemore Area Chamber of Commerce, with information on their upcoming Gun, Knife and Military Artifacts Buy, Sell and Trade Show
- Monday, January 29th- Ariana Conklin, President of the East Tawas Business Association, with information on this year's annual Chili Cook Off fundraiser at Perchville USA Saturday, February 3<sup>rd</sup>
- Tuesday, January 30th- Samantha Duvall, Director of the Tawas Area Chamber of Commerce, with event information on the upcoming Perchville USA Weekend in Tawas City and East Tawas
- Wednesday, January 31st- Phil Albosta, of the Tawas Area Chamber of Commerce, with information on the upcoming Perchville USA Fishing Contest running Friday morning through Sunday afternoon
- Thursday, February 1st- Chris Allor, of the Tawas Area Chamber of Commerce, with information on the agencies, events and performers at the Perchville USA Family Expo at the Community Center
- Friday, February 2nd- Mel Smith, Bay County Museum Director, with information on the upcoming Hale Gun and Knife Buy, Sell and Trade Show fundraiser for the museum and Hale Economic Development Corporation
- Monday, February 5th- Lynn Pillsbury, of the American Legion Audie Johnson Post #211 of East Tawas, with information on their upcoming Corn Hole Tournament Fundraisers
- Tuesday, February 6th- Michelle O'Kelley, Director of Fundraising with the Michigan Department of Natural Resources, with information on the virtual 5K Bob Ross Run For The Trees Benefit



-Wednesday, February 7th- Kelly O'Loughlin, President of the Huron Shores Chapter of Ducks Unlimited, with information on the upcoming membership dinner and auction fundraiser

-Thursday, February 8th- Peggy Ridgeway, Director of the AuSable Valley Audubon Society, with information on the upcoming meeting to discuss the International Great Backyard Bird Count

-Friday, February 9th- Allen Miller and Joseph Boensch of the Tawas Area Schools Sports Booster Club, with information on their upcoming Reverse Raffle Dinner Fundraiser

-Monday, February 12th- Christopher Martin, Director of Develop Iosco and Region 7B Consortium, with information on the upcoming quarterly meeting held and upcoming Workshops

-Tuesday, February 13th- Dr. Marvin Pichla, Director of Alpena Community College Huron Shores Campus in Oscoda with information on upcoming 3-D Copying and Welding Classes

-Wednesday, February 14th- Peggy Ridgeway, Director of the AuSable Valley Audubon Society, with further information on the International Great Backyard Bird Count Friday through Monday

-Thursday, February 15th- Melissa Hager, comedian and host of the Comedy Series, with information on their upcoming Comedy Night Fundraiser at the Tawas Bay Beach Resort

-Friday, February 16th- Linda Friedgen, Director of the Iosco County Humane Society, with information on dogs, cats, puppies and kittens available for adoption at the shelter in Tawas City

-Monday, February 19th- Robin Savage, Director of the Robert J. Parks Library in Oscoda, with information on their upcoming Murder Mystery Who Done It at the Library through February 29<sup>th</sup>

-Tuesday, February 20th- Susan Nemeth, Director of the Witz End WE Players, with information on their upcoming kids production of the comedy Almost, Maine at the theater in East Tawas

-Wednesday, February 21st- Bill Schiewe and Lois Schiewe, of the Saint Paul Lutheran Church in Hale, with information on their upcoming International Pancake Day Pancake Breakfast Fundraiser

-Thursday, February 22nd- Ashlee Elwell, small business owner in Hale, with information on her Winter Gala and Small Business Expo event for small businesses in Hale and the surrounding area

-Friday, February 23rd- Dr. Marvin Pichla, Director of Alpena Community College Huron Shores Campus in Oscoda with registration deadline information on upcoming 3-D Copying and Welding Classes

-Monday, February 26th- Norm Somerfield, Marketing Director with the Apex Entertainment Complex in Alpena, with information on their upcoming Acoustic Evening With Aaron Tippin concert

-Tuesday, February 27th- Sue Miller, Director of the Shoreline Players Theater in Oscoda with information on their upcoming production of the 60's comedy "Boeing, Boeing" at the theater in Oscoda

-Wednesday, February 28th- Heather Neuhaus, Director of the West Branch Area Chamber of Commerce, with information on their upcoming Ribbon Cutting Ceremony for their new building

-Thursday, February 29th- Michigan Author Landon Beach, with information on his previous works including the Great Lakes Saga and Sunrise Side Private Investigation Series

-Friday, March 1st- Michigan Author Landon Beach, with information on his current book "Huron Sunrise" and information on his next release "The Bay" which will conclude his Great Lakes Saga

-Monday, March 4th- Karlene Falker, representing the City of Tawas City, with information on their current fundraising for the the Tawas Legacy Walk at the Shoreline Park Pier

-Tuesday, March 5th- Michelle O'Kelley, Director of Fundraising with the Michigan Department of Natural Resources, with information on the virtual 5K Bob Ross Run For The Trees Benefit

-Wednesday, March 6th- Gaylynn Broenoel, of the Oscoda AuSable Chamber of Commerce, with information on the weekly “Line Dancing at the V” Line Dancing Instructional Class

-Thursday, March 7th- Linda Friedgen, Director of the Iosco County Humane Society, with information on dogs, cats, puppies and kittens available for adoption at the shelter in Tawas City

-Friday, March 8th- Heather Neuhaus, Director of the West Branch Area Chamber of Commerce, with information on their upcoming Community Business Expo and Grand Ball

-Monday, March 11th- James Erickson and Bill Erickson of the American Red Cross, with information on the upcoming Tawas Community Blood Drive at Tawas Methodist Church

-Tuesday, March 12th- Lynn Pillsbury, of the American Legion Audie Johnson Post #211 of East Tawas, with information on their upcoming March Corn Hole Tournament Fundraiser

-Wednesday, March 13th- Christopher Martin, Director of Develop Iosco and Region 7B Consortium, with information on the upcoming quarterly meeting and upcoming Grant Writing Workshops

-Thursday, March 14th- Mary Gill and Kim Leet of Quota International of Iosco County, with information on their Musical Instruments at the Shoreline Park in Tawas City project

-Friday, March 15th- Paul Crumley, of the Tawas Community Concert Band, with information on their upcoming Spring Concert and distribution of their annual scholarships

-Monday, March 18th- Rick Middleton, Owner of Wolverine Productions, with information on the upcoming Detroit Lions Legends versus the Iosco County Firefighters All Stars Basketball Game Fundraiser

-Tuesday, March 19th- Gaylynn Broenoel, of the Oscoda AuSable Chamber of Commerce, with information on the weekly “Line Dancing at the V” Line Dancing Instructional Class

-Wednesday, March 20th- Doris May of Quota International of Iosco County, with information on their upcoming Breakfast With The Easter Bunny in conjunction with Huron Community Bank

-Thursday, March 21st- Jody Wilk, President of the Friends of the Arenac County Sheriff's Department K-9 Club, with information on their upcoming Easter Egg Hunt in Standish

-Friday, March 22nd- Heather Neuhaus, Director of the West Branch Area Chamber of Commerce, with updated information on their upcoming Community Business Expo and Grand Ball

-Monday, March 25th- Sue Miller, Director of the Shoreline Players of Oscoda, with information on their upcoming auditions for their production of "Steel Magnolias" and production of Boeing Boeing

-Tuesday, March 26th- Doctor Marvin Pichla, President of Alpena Community College Oscoda Campus, with information on their upcoming ACC Talks on Entrepreneurship in 2024

-Wednesday, March 27th- James Erickson of the West Branch Area Knights of Columbus, with information on their ongoing Lenten Friday Fish Fry Fundraiser for St. Joseph School

-Thursday, March 28th- Bill Schiewe, President of the Saint Paul Lutheran Church Congregation in Hale, with information on their upcoming Kid's Easter Egg Hunt and Easter Breakfast

-Friday, March 29th- Samantha Duvall, Director of the Tawas Area Chamber of Commerce, with information on the start of the Light Up The Bay Fireworks Raffle Fundraiser

Call Letters:

WQLB/WKJZ  
**Weekly Public Affairs Program**

**QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2024**

Show # 2024-01

**Date aired: 1/7/24 Time Aired: 5:05am**

**Steve Elek**, Senior Automotive Data Analyst at Consumer Reports

Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.

**Issues covered:**

**Electric Vehicles  
Consumer Matters**

**Length: 8:44**

**Mariah M. Kalmin, PhD**, epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization

Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.

**Issues covered:**

**Mental Health  
Telehealth  
Youth Issues**

**Length: 8:41\_**

Show # 2024-02

**Date aired: 1/14/24 Time Aired: 5:05am**

**Annie Grace**, recovering alcoholic, author of "*This Naked Mind*," founder of the This Naked Mind community

Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.

**Issues covered:**  
**Alcoholism**

**Length: 8:48**

**Nusrat Jung, D.Sc.**, Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University

Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.

**Issues covered:**  
**Personal Health**  
**Environment**  
**Consumer Matters**

**Length: 8:39**

Show # 2024-03

**Date aired: 1/21/24 Time Aired: 5:05am**

**Jared Walczak**, Vice President of State Projects, Tax Foundation

More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.

**Issues covered:**

**Property Taxes**

**Inflation**

**Home Ownership**

**Length: 8:54**

**Satchin Panda, PhD**, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies

When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.

**Issues covered:**

**Personal Health**

**Nutrition**

**Length: 8:29**

Show # 2024-04

**Date aired: 1/28/24 Time Aired: 5:05am**

**Vijay Boyapati**, Bitcoin expert, author of "*The Bullish Case for Bitcoin*"

Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.

**Issues covered:**  
**Digital Currencies**  
**Personal Finance**

**Length: 8:58**

**Laura Stack**, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana

Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

**Issues covered:**  
**Substance Abuse**  
**Parenting**

**Length: 8:15**



Show # 2024-05

**Date aired: 2/4/24 Time Aired: 5:05am**

**Rachel Slade**, author of *“Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)”*

The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country’s independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.

**Issues covered:**

**Length: 8:43**

**Manufacturing  
Economy  
Government**

**Gary Taubes**, journalist, author of *“Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments”*

Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.

**Issues covered:**

**Length: 8:37**

**Personal Health  
Science**

Show # 2024-06

**Date aired: 2/11/24 Time Aired: 5:05am**

**Marisel Buqué, PhD**, psychologist, author of "*Break the Cycle: A Guide to Healing Intergenerational Trauma*"

Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices that can pass down strength instead of pain, thereby breaking the cycle.

**Issues covered:**

**Mental Health  
Child Abuse**

**Length: 8:41**

**Greg Hammer, PhD**, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of "*GAIN Without Pain*"

Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.

**Issues covered:**

**Personal Health  
Longevity**

**Length: 8:35**

Show # 2024-07

**Date aired: 2/18/24 Time Aired: 5:05am**

**Bridget Freisthler, PhD**, Professor in the College of Social Work at Ohio State University

Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.

**Issues covered:**

**Child Abuse & Neglect  
Alcohol Abuse  
Foster Care**

**Length: 9:27**

**Megan Henly, PhD**, Research Assistant Professor in the Institute on Disability at the University of New Hampshire

Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.

**Issues covered:**

**Government Assistance  
Disabilities  
Rural Concerns  
Aging**

**Length: 7:46**

Show # 2024-08

**Date aired: 2/25/24 Time Aired: 5:05am**

**Jeremy Nobel, MD, MPH**, founder of the nonprofit Foundation for Art & Healing, author of *“Project UnLonely: Healing Our Crisis of Disconnection”*

Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.

**Issues covered:**

**Length: 9:33**

**Mental Health  
Personal Health**

**Elizabeth Comen, MD**, Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of *“All in Her Head: The Truth and Lies Early Medicine Taught Us About Women's Bodies and Why It Matters Today”*

Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but the term used today is anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.

**Issues covered:**

**Length: 7:47**

**Women's Health  
Domestic Abuse  
Mental Health**

Show # 2024-09

**Date aired: 3/3/24 Time Aired: 5:05am**

**James E. Rogers, PhD**, Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports

Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.

**Issues covered:**

**Length: 8:14**

**Food Safety**

**Personal Health**

**Consumer Matters**

**Harvey Miller, PhD**, Professor of Geography at Ohio State University

Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis pedestrian safety.

**Issues covered:**

**Length: 8:54**

**Traffic Fatalities**

**Government**

Show # 2024-10

**Date aired: 3/10/24 Time Aired: 5:05am**

**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 # 2024-11

**Date aired: 3/17/24 Time Aired: 5:05am**

**David Rein, PhD**, Senior Fellow at the National Opinion Research Center at the University of Chicago

Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprisingly large impact. He found that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study's findings, along with the societal stigma of wearing hearing aids.

**Issues covered:**  
**Personal Health**  
**Aging**

**Length: 8:50**

**Christy Faith**, author of "*Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System*"

Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.

**Issues covered:**  
**Education**  
**Parenting**

**Length: 8:31**

Show # 2024-12

**Date aired: 3/24/24 Time Aired: 5:05am**

**Michael Redlener, MD**, Associate Professor of Emergency Medicine at the Icahn School of Medicine of Mount Sinai

Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice.

**Issues covered:**  
**Emergency Services**  
**Public Health**

**Length: 8:12**

**Chelsey Goodan**, academic tutor and mentor, author of "*Underestimated: The Wisdom and Power of Teenage Girls*"

Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices.

**Issues covered:**  
**Teenager Concerns**  
**Parenting**  
**Mental Health**

**Length: 9:12**



Show # 2024-13

**Date aired: 3/31/24 Time Aired: 5:05am**

**Charles L. Marohn Jr**, land-use planner, municipal engineer, author of *“Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis”*

Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal.

**Issues covered:**

**Length: 8:53**

**Housing**

**Community Development**

**Government**

**Sanja Jelic, MD**, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons

Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient’s risk of heart disease, which is about two to three times higher than average.

**Issues covered:**

**Length: 8:30**

