



**Weekly Public Affairs Program**

Call Letters: KOMM-FM

**QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2016**

Show # 2016-40

Date aired: 10/21/2016 Time Aired: 9:00PM 10:00PM

**James J. Duane**, Professor at Regent Law School in Virginia Beach, VA, author of *"You Have the Right to Remain Innocent"*

Prof. Duane explained the importance of the Fifth Amendment. He believes it is a constitutional right not clearly or widely understood by the average American. He explained why he advises everyone to never answer questions from law enforcement officers without legal representation. He believes when someone is wrongfully convicted of a crime they didn't commit, often it is because of information they voluntarily gave to investigators.

**Issues covered:**  
Constitutional Rights  
Legal Matters  
Crime

**Length: 9:03**

**Frank Lalli**, investigative journalist, author of *"Your Best Health Care Now: Get Doctor Discounts, Save With Better Health Insurance, Find Affordable Prescriptions"*

Mr. Lalli shared his personal story: after he was diagnosed with multiple myeloma, a treatable form of blood cancer, he put his reporter's instincts to work and got the wonder drug he needed at an affordable price—thousands of dollars less than he was told he would have to spend. He explained how to negotiate doctors' fees and how to search for assistance in paying for medications.

**Issues covered:**  
Personal Health  
Consumer Matters

**Length: 8:11**

**Alan Cook**, Licensed Contractor, author of *"A Trip to the Number Yard"*

America's math proficiency is rated 24<sup>th</sup> out of 29 math-tested countries. Mr. Cook talked about the problem of mathematic illiteracy for both do-it-yourselfers and trade professionals, and the mishaps that sometimes occur as a result. He explained which math skills are crucial to these blue-collar endeavors. He believes the main problem is that that our nation's schools have failed to teach math in an engaging manner.

**Issues covered:**  
Education  
Workplace Matters

**Length: 4:41**

Show # 2016-41

Date aired: 10/9/2016

Time Aired: 0900 AM 1040 PM

**Philip Moeller**, author of *"Get What's Yours for Medicare: Maximize Your Coverage, Minimize Your Costs"*

Health costs are the biggest unpredictable expense for older Americans, who are turning 65 at the rate of 10,000 a day. While Medicare guarantees them affordable health insurance, few Americans know what Medicare covers and what it doesn't, what it costs, and when to sign up. Mr. Moeller explained why Medicare has become so confusing, and how people approaching retirement can understand these complex and important choices.

**Issues covered:**

Medicare  
Senior Citizens  
Healthcare

**Length: 9:13**

**Caitlin Shetterly**, author of *"Modified: GMOs and the Threat to Our Food, Our Land, Our Future"*

GMO products are among the most consumed and the least understood substances in the United States today. Ms. Shetterly shared her personal story of how GMOs affect her family's health. She explained why consumers should learn more about GMOs and why organic foods can be a sensible choice.

**Issues covered:**

Food Safety  
Personal Health  
Consumer Matters

**Length: 8:01**

**Ken Redcross, MD**, board-certified internal medicine physician in New York state

Cold and flu season is here, but Dr. Redcross said there are actually three major viruses that people should be concerned about. He explained how to identify the symptoms of each virus, and what the treatment options are.

**Issues covered:**

Influenza  
Personal Health

**Length: 4:58**

Show # 2016-42

Date aired: 10/16/2016

Time Aired: 0900 AM 1040 PM

**Karin Slaughter**, bestselling author, Founder of the "Save the Libraries"

Ms. Slaughter's organization raises funds for libraries in underprivileged communities. She said libraries are the backbone of our nation's educational infrastructure, and they are being slowly dismantled by financially-troubled municipalities and apathetic politicians. She explained the crucial relationship between libraries and schools. She offered suggestions of what the average citizen can do to help their local library.

**Issues covered:**

Libraries  
Local Government  
Education

**Length: 8:11**

**William Schiemann, PhD**, organizational psychologist, CEO of Metrus Group, author of "*Fulfilled! Critical Choices – Work, Home, Life*"

One out of five men in their twenties without a college degree has not worked at all in the past 12 months. Dr. Schiemann noted that these younger, lower-skilled men are now less likely to work, less likely to marry and more likely to live with parents, yet many of them feel fulfilled. He has found that success does not necessarily equal fulfillment. He explained the key drivers of fulfillment, both at home and at work, and why it is so important.

**Issues covered:**  
Workplace Matters  
Career  
Mental Health

**Length: 9:06**

**Costantino Iadecola, M.D.**, Anne Parrish Titzell Professor of Neurology and Director of the Brain and Mind Research Institute at Weill Cornell Medical College in New York

Dr. Iadecola authored a report for the American Heart Association which found that high blood pressure, especially in middle age, is associated with an increased risk of cognitive impairment later in life. He outlined steps to deal with high blood pressure.

**Issues covered:**  
Alzheimer's Disease  
Personal Health

**Length: 4:58**

Show # 2016-43

Date aired: 10/23/2016

Time Aired: 9:00 AM

10:00 AM

**Robert Cialdini, PhD**, social psychologist, Regents' Professor Emeritus of Psychology and Marketing at Arizona State University, former visiting Professor of Marketing, Business and Psychology at Stanford University and the University of California at Santa Cruz, author of "*Pre-Suasion: A Revolutionary Way to Influence and Persuade*"

Dr. Cialdini talked about the science behind persuasion. He said it's not so much about the message, but what happens in the moment before the message is delivered. He explained how consumers can recognize when they are the target of this sales technique. He also discussed how it can be used in job interviews and other common daily activities.

**Issues covered:**  
Consumer Matters  
Career

**Length: 9:54**

**Ateev Mehrotra, MD**, Senior Investigator and Associate Professor of Health Care Policy at Harvard Medical School

Increasingly powerful computers are playing a greater role in our lives every year. Could a computer match, or even outperform, human physicians in diagnosing illnesses? Dr. Mehrotra led a study that found that humans still have the upper hand--for now. He outlined several possible ways that computers may play a greter role in future healthcare scenarios.

**Issues covered:**  
Personal Health  
Technology

**Length: 7:11**

**Nicholson Baker**, teacher, author of "*Substitute: Going to School With a Thousand Kids*"

Mr. Baker worked as on-call substitute teacher in a Maine public school district. He discussed the state of public schooling in America: children swamped with assignments, overwhelmed by social media and educational technology, and staff who struggle with overly ambitious curriculums.

**Issues covered:**

**Education  
Youth at Risk**

**Length: 5:00**

Show # 2016-44

**Date aired:**

10/20/16

**Time Aired:**

0900 AM 1040 AM

**Adam Levin**, founder of security management and resolution company IDT911, author of "*Swiped: How to Protect Yourself in a World Full of Scammers, Phishers, and Identity Thieves*"

With online breaches of massive databases becoming increasingly common, identity theft is a fact of life. Mr. Levin explained the most common schemes used by scammers, to steal consumers' private information. He said beyond simple identity theft, other forms such as medical-related, tax fraud-related and child identity theft are all increasing rapidly. He offered suggestions for consumers on how to avoid becoming a victim.

**Issues covered:**

**Identity Theft  
Consumer Matters**

**Length: 9:29**

**Deborah Carr, PhD**, Professor of Sociology, Interim Director of the Institute for Health, Health Care Policy and Aging Research at Rutgers University

A recent federal report noted that, no matter how advanced their age, older men are far more likely to be married than older women. Dr. Carr said life expectancy explains only part of this gray gender gap. She discussed the economic, social and health effects of this issue. She also explained why many older women are content to be single anyway.

**Issues covered:**

**Women's Issues  
Senior Citizens  
Retirement**

**Length: 7:40**

**Jonathan Dirlam**, doctoral student in Sociology at Ohio State University

Mr. Dirlam was the lead author of a study that found that job satisfaction in a worker's late 20s and 30s has a link to mental health 15-20 years later. He said those less than happy with their work early in their careers reported that they were more depressed and worried and had more trouble sleeping in their 40s.

**Issues covered:**

**Mental Health  
Career**

**Length: 4:57**

Show # 2016-45

Date aired: 11/6/2016 Time Aired: 0900 AM 1040 PM

**Robert Neuman, PhD**, former associate dean of academic advising at Marquette University, author of "*Are You Really Ready for College?: A College Dean's 12 Secrets for Success - What High School Students Don't Know*"

Roughly 2/3rds of college students fail to earn a degree in four years, and Dr. Neuman believes the reason is that they are ill-prepared. He outlined several strategies that high school students can use to enter college with the knowledge, learning skills and work ethic required to succeed. He explained why extra-curricular activities are also quite important when submitting a college application.

**Issues covered:**

**Length: 8:21**

Education  
Parenting

**Graeme Cowan**, corporate mental health consultant, author of "*Back from the Brink: True Stories and Practical Help for Overcoming Depression and Bipolar Disorder*"

One in five Americans takes at least one psychiatric medication, such as an anti-depressant or anti-anxiety drug. Mr. Cowan shared his own story of battling depression. He explained how depression can affect a company's workforce, and how managers and co-workers can help someone who is suffering for depression, stress or other mental health issues.

**Issues covered:**

**Length: 8:48**

Mental Health  
Workplace Matters

**Dana Peres Edelson, MD**, Director of Clinical Research at the Emergency Resuscitation Center at the University of Chicago Medical Center

Dr. Edelson was a co-author of revised guidelines for cardiopulmonary resuscitation for The American Heart Association. She outlined the current recommendations for CPR procedures, and said chest compression should be the top priority in a cardiac emergency.

**Issues covered:**

**Length: 5:00**

Personal Health  
Emergency Preparedness

Show # 2016-46

Date aired: 11/13/2016 Time Aired: 0900 AM 1040 PM

**Jonathon Wai, PhD**, Psychologist, Research Scientist at the Duke University Talent Identification Program

Dr. Wai is one of the researches involved in a 45 year study of intellectually gifted children. He noted that kids who test in the top 1% tend to become the nation's eminent scientists and academics, Fortune 500 CEOs and federal judges, senators and billionaires. He said, because of the focus on lower performing students, youngsters who show an early aptitude for subjects like science and math tend not to receive the help they need. He offered several simple steps schools can take to help gifted students reach their full potential.

**Issues covered:**

**Length: 9:00**

Education  
Parenting

**Joann S. Lublin**, Management News Editor for the Wall Street Journal, author of *"Earning It: Hard-Won Lessons from Trailblazing Women at the Top of the Business World"*

Ms. Lublin said that, although career prospects have improved, progress is still frustratingly slow for women hoping to break the glass ceiling in large companies. She explained what it takes for women to climb to corporate heights in America, such as finding a career mentor.

**Issues covered:**  
Women's Issues  
Workplace Matters

**Length: 8:13**

**Sage R. Myers, MD, MSCE**, Assistant Professor in Pediatrics at the University of Pennsylvania Perelman School of Medicine, Attending Physician in the Division of Emergency Medicine at Children's Hospital of Philadelphia

Contrary to what many believe, living in the city is far less risky than in the country, according to a study Dr. Myers recently completed. She said that although homicides in cities still outpace those in rural areas, the risk of dying from some form of accident or injury is 20 percent greater in rural counties. She explained how this research can be used for future planning of trauma centers and other improvements to the medical system.

**Issues covered:**  
Personal Health  
Crime  
Government

**Length: 4:55**

Show # 2016-47

Date aired: 11/20/2016

Time Aired: 0900 AM 1040 PM

**Melanie Cullen**, management and technology consultant, author of *"Get It Together: Organize Your Records So Your Family Won't Have To"*

Ms. Cullen said disorganization can be a nightmare for those who need to step in to help an elderly person as a caregiver or estate executor. She offered simple ways to organize important records like passwords, financial records, insurance policies, funeral arrangements, and other personal information.

**Issues covered:**  
Senior Citizens  
Retirement Planning

**Length: 8:36**

**Peter Mazareas, PhD**, worked with the U.S. Congress on legislation to create 529 savings plans, co-author of *"Plan and Finance Your Family's College Dreams: A Parent's Step-By-Step Guide from Pre-K to Senior Year"*

Planning and paying for a college education is a daunting task for most parents. Dr. Mazareas discussed the merits and complexities of 529 savings plans, which allow parents to save tax-free for higher education expenses. He said that there are numerous free and easy-to-access tools for parents to plan for the costs of college.

**Issues covered:**  
Education  
Consumer Matters  
Parenting

**Length: 8:38**

**Pamela Rutledge, PhD**, Director of the Media Psychology Research Center, Fielding Graduate University in Santa Barbara, CA, author the "Positively Media" column for PsychologyToday.com, Editor-in-Chief of the academic journal Media Psychology Review

Dr. Rutledge talked about the effect of selfies, Instagram and other social media phenomenon on girls' self-esteem. She believes that parents should not be overly concerned, that selfies are just the latest form of exploration and identity experimentation in teenagers' formative years.

**Issues covered:**  
Girl's Issues  
Parenting

**Length: 5:01**

Show # 2016-48

**Date aired:** 11/21/2016

**Time Aired:** 12:00 PM 1:00 PM

**AnnMarie Thomas, PhD**, Associate Professor, School of Engineering at the University of St. Thomas, author of "*Making Makers: Kids, Tools, and the Future of Innovation*"

Dr. Thomas said many of today's engineering students have few hands-on skills or the ability to actually make or fix something. She explained why it is crucial to encourage today's youth to think creativity and innovatively. She offered suggestions for parents who want to teach their children to be able to use their hands to make things.

**Issues covered:**  
Education  
Parenting

**Length: 8:31**

**Valter Longo, PhD**, biogerontologist and cell biologist, Professor at the University of Southern California-Davis School of Gerontology, Director of the USC Longevity Institute

Dr. Longo has led multiple studies examining the effect of fasting on life extension and cancer therapy. His latest study found that a three-day fast appears to significantly increase the effectiveness of chemotherapy treatments. He talked about the possible reasons behind this finding, and what people need to know before considering a fast.

**Issues covered:**  
Personal Health

**Length: 8:47**

**Sara Bleich, PhD**, Associate Professor at Johns Hopkins Bloomberg School of Public Health.

Dr. Bleich believes consumers make poor nutritional choices because the concept of calories means very little to them. She conducted a study of urban teenagers in which signs were placed in convenience stores, informing patrons that it would take five miles of walking to burn up the calories from a soft drink. Soda sales declined, not only while the signs were posted, but even weeks after they were removed. She explained the importance of finding ways to communicate nutritional information in more useable formats.

**Issues covered:**  
Consumer Matters  
Nutrition  
Government Policies

**Length: 5:16**

Show # 2016-49

Date aired: 12/1/2016

Time Aired: 0900 AM 1010 AM

**Pam S. Fischer**, consultant for the Governors Highway Safety Association, principal of Pam Fischer Consulting in Hackettstown, NJ

Recent government data found a ten percent spike in teen driver-involved fatal crashes. Ms. Fischer outlined the current teen driving restrictions used in most states. She believes that states should consider strengthening their teen licensing requirements. She said the brain is not fully developed in teenagers, so teens don't assess risk in the same way as adults.

**Issues covered:**

Teenage Driving  
Youth at Risk  
Parenting

**Length: 9:22**

**Dennis E. Reidy, PhD**, Clinical Neuropsychologist, Behavioral Scientist in the Division of Violence Prevention at the Centers for Disease Control and Prevention in Atlanta

Stalking is a widely recognized public health concern, yet little information is available about stalking behaviors among teenage victims. Dr. Reidy led a study that determined that found that 14% of girls and 13% of boys have been victims of stalking. In addition, the survey found that the stalked teens were more likely to report symptoms linked to depression, as well as risky behavior such as binge drinking and sexting.

**Issues covered:**

Stalking  
Youth at Risk  
Mental Health

**Length: 7:58**

**Susan Feitelberg**, Certified Financial Planner, Senior Vice President at Morgan Stanley, author of "The Net Worth Workout"

Ms. Feitelberg discussed the baby boom generation's shaky financial fitness, particularly in the area of retirement planning. She offered suggestions on how consumers can assess their current financial condition and set achievable financial goals.

**Issues covered:**

Consumer Issues  
Economic Issues  
Seniors & Retirement

**Length: 4:48**

Show # 2016-50

Date aired: 12/1/2016

Time Aired: 0900 AM 1010 AM

**Stephanie Ruest, MD, FAAP**, Pediatric Emergency Medicine Fellow at Rhode Island Hospital, fellow of the American Academy of Pediatrics

Dr. Ruest's research on behalf of the American Academy of Pediatrics found that the more time children spend using digital devices, the less likely they are to finish their homework. Children who spent two to four hours a day using computers, videogames, tablets and smartphones had 23 percent lower odds of always or usually finishing their homework, compared to children who spent less than two hours. Dr. Ruest offered advice to parents on how to monitor and control digital usage.



**Issues covered:**

Education  
Parenting

**Length: 7:39**

**Laura Adams**, Senior Insurance Analyst for insuranceQuotes.com

Ms. Adams outlined a new study by insuranceQuotes that found that 86% of Americans are unaware that insurers use the claims history of previous homeowners to set premiums for new policies. She explained why consumers are unaware of this database, what it contains, and how they can obtain a free report for their property.

**Issues covered:**

Consumer Matters  
Home Ownership

**Length: 9:26**

**Heidi Williams, PhD**, Class of 1957 Career Development Associate Professor in the Department of Economics at Massachusetts Institute of Technology

The average amount an American spends on healthcare varies wildly, depending on where they live. Yet the outcome—average life expectancies—are similar. Dr. Williams co-authored a study of millions of Medicare patients' records. She found that decisions by patients and doctors are responsible for virtually equal shares of the differences in regional spending.

**Issues covered:**

Personal Health  
Consumer Matters  
Government Spending

**Length: 4:55**

Show # 2016-51

**Date aired:** 12/18/2016

**Time Aired:** 09:00 AM 10:00 AM

**Michael C. Harper**, expert in employment discrimination law, Barreca Labor Relations Scholar and Professor of Law, Boston University School of Law

Prof. Harper discussed the growing influence of age discrimination in today's job market. He explained the reasons that employers often avoid older job applicants. He said the Age Discrimination in Employment Act, which prohibits employment discrimination against anyone 40 or older, is highly ineffective. Prof. Harper believes the law should be reformed to make it at least as strong a deterrent as laws that prohibit discrimination on race or gender.

**Issues covered:**

Age Discrimination  
Workplace Matters  
Senior Citizens

**Length: 8:41**

**Jeff Blyskal**, Senior Editor at Consumer Reports

Americans are used to being monitored for security reasons as they shop, but Mr. Blyskal said an increasing number of walk-in retailers are taking spying to a whole new level. He said stores are installing hidden video cameras, video analytics software, smartphone tracking and wi-fi hotspots to gather a surprising amount of data about their individual customers. The goal of this intense surveillance is to target shoppers with customized marketing, to convince them to shop more and spend more.

**Issues covered:**  
Consumer Matters  
Personal Privacy

**Length: 8:29**

**Frances Newton**, financial advisor, founder of Frances Insights

Ms. Newton said this is an excellent time of year for consumers to dig through credit card statements and bank receipts, and get their finances in order. She said getting organized will not only help a consumer to save money during the year, but it will also boost financial confidence.

**Issues covered:**  
Personal Finance  
Consumer Matters

**Length: 4:58**

Show # 2016-52

**Date aired:** 11/18/2016 **Time Aired:** 0900 AM 1040 AM

**Edward M. Hollowell, MD**, Child and Adult Psychiatrist who specializes in ADD and ADHD, author of "*Driven to Distraction at Work: How to Focus and Be More Productive*"

Many people in the workplace feel increasingly overwhelmed by a mix of nonstop demands and rapidly changing technology. Dr. Hollowell discussed the underlying reasons why people lose their ability to focus at work. He said the most common distraction is caused by electronic screens of all kinds. He offered suggestions on how to sustain a productive mental state at work.

**Issues covered:**  
Mental Health  
Career

**Length: 7:22**

**Jill Weisenberger MS, RDN, CDE**, Nutrition, Culinary & Diabetes Expert, Registered Dietitian, Certified Diabetes Educator, author of "*The Overworked Person's Guide to Better Nutrition*"

Ms. Weisenberger offered practical steps to plan, cook and eat better for a healthier lifestyle. She explained why meal planning is so important and why an organized kitchen is critical in that process. She explained how to ease a family into a lower-sodium diet.

**Issues covered:**  
Nutrition  
Personal Health

**Length: 7:44**

**Jacquelyn F. Gamino, PhD**, Research Scientist and Assistant Research Professor at the Center for BrainHealth at the University of Texas at Dallas

Growing up poor can affect a child's behavior and school performance. Dr. Gamino led a study that determined that intervention programs can help bring low-income adolescents up to speed with their more affluent peers. She explained how cognitive intervention could easily be integrated into a normal school setting.

**Issues covered:**  
Education  
Poverty

**Length: 4:51**



**Weekly Public Affairs Program**

Call Letters: KOHM AM / FM

**QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2016**

Show # 2016-27

Date aired: 1/3/2016 Time Aired: 0900 AM 1040 AM

**Mike Gikas**, Senior Electronics Editor at Consumer Reports

Smart phone theft is on the rise. A projected 3.1 million were stolen last year, according to a Consumer Reports survey. Mr. Gikas outlined the sensitive information that many phones contain, and he offered security tips to both prevent thefts and to minimize the loss of personal data if a phone is lost or stolen.

**Issues covered:**

**Length: 8:56**

**Crime**

**Consumer Matters**

**Robert D. Morris, MD, PhD**, environmental epidemiologist, drinking water research scientist, author of "*The Blue Death: Disease, Disaster & the Water We Drink*"

Dr. Morris believes that despite better overall health conditions, the nation's water supply remains a serious health risk. He talked about potential disease pathogens, toxic chemicals, decaying pipes and cancer risks. He discussed the growing body of research linking the chlorine relied on for water treatment with cancer and stillbirths. He also talked about the history of water-borne pathogens like cholera and typhoid.

**Issues covered:**

**Length: 8:17**

**Community Health**

**Environment**

**Lynsey Romo**, Assistant Professor of Communication, North Carolina State University

Prof. Romo led a study of school-aged kids and what their parents tell them about family finances. She found that parents often make gender-based distinctions in what they choose to talk about, and kids pick up on what they're *not* being told — sometimes drawing incorrect conclusions that can have repercussions for them in the future.

**Issues covered:**

**Length: 4:59**

**Parenting**

**Personal Finance**

Show # 2016-28

Date aired: 7/10/2016 Time Aired: 0200 PM 1010 PM

**Richard Bolles**, career development expert, author of "*What Color Is Your Parachute? Guide to Rethinking Resumes*" and "*What Color Is Your Parachute? Guide to Rethinking Interviews*"  
Mr. Bolles discussed the rapidly changing way companies locate and hire employees. He explained why the value of a resume has declined, and how job hunters can use more effective alternatives. He said prospective employees must be as up-to-the-minute in job hunting skills as they are in the work skills that they offer an employer.

**Issues covered:**

**Length: 8:58**

**Employment  
Career**

**Jean Illsley Clarke, PhD**, internationally known parent educator, co-author of "*How Much Is Too Much?: Raising Likeable, Responsible, Respectful Children*"

Ms. Clarke believes that many of today's parents overindulge their children, often without even realizing it. She explained how to recognize overindulgence and why can be so damaging as kids grow into adulthood. She said assigning ongoing household chores to children is an excellent way to foster their responsibility and independence, and offered other tips for parents.

**Issues covered:**

**Length: 8:13**

**Parenting Issues**

**Ron Montoya**, Consumer Advice Editor at Edmunds.com

Mr. Montoya offered suggestions for shoppers who have poor credit to buy a new car. He said it is important for potential buyers to carefully check and clean up credit reports before applying for a car loan, and to try to get pre-approval before shopping. He also outlined other ways that buyers can demonstrate that they are a good credit risk.

**Issues covered:**

**Length: 4:53**

**Consumer Matters  
Personal Finance**

Show # 2016-29

Date aired: 7/11/2016 Time Aired: 0900 PM 1010 PM

**Laura M. Bogart, PhD**, Senior Behavioral Scientist at the RAND Corporation, a nonprofit research organization that develops solutions to public policy challenges

Dr. Bogart directed a five-week obesity prevention program for seventh grade students that helped obese students lose an average of nine pounds over the following two year period. She outlined the methods that were most effective, which included school-wide environmental changes and encouragement to eat healthy school cafeteria foods, along with a student-led education and marketing campaign.

**Issues covered:**

**Length: 8:26**

**Childhood Obesity  
Education  
Parenting**

**Susan S. Silbey, PhD**, Leon and Anne Goldberg Professor of Humanities, Professor of Sociology and Anthropology, Professor of Behavioral and Policy Sciences, Sloan School of Management at the Massachusetts Institute of Technology

The number of women enrolling in engineering school has increased steadily over the past four decades, but Dr. Silbey said one-third of women graduates soon leave the profession to pursue other careers. She said the reasons behind this problem are primarily related to the culture of engineering itself. She offered suggestions for women who are entering the profession, and explained why an engineering career should be such an attractive option for women.

**Issues covered:**  
Women's Issues  
Discrimination  
Career

**Length: 8:47**

**Dong Zhao, PhD**, Assistant Professor of Construction Management, Michigan State University

Prof. Zhao led a study that found that more than 50 percent of potential energy savings from energy efficient homes can be lost if users don't know how to use the buildings properly. Dr. Zhao said this is a concern both for individual homeowners as well as for commercial property owners.

**Issues covered:**  
Energy  
Consumer Matters

**Length: 4:57**

Show # 2016-30

Date aired: 1/21/2016 Time Aired: 0900 PM 1040h

**Christopher Wildeman, PhD**, Associate Professor of Sociology, faculty fellow at the Center for Research on Inequalities and the Life Course, faculty fellow at the Institution for Social and Policy Studies at Yale University

Dr. Wildeman recently conducted a study at Yale that found that approximately 12% of American children will suffer from neglect or physical, emotional, or sexual abuse before they turn 18 years old. He explained why his research yielded dramatically higher rates of maltreatment than official government figures. He offered suggestions for changes in public policy to deal with the problem.

**Issues covered:**  
Child Abuse & Neglect  
Government Policies  
Parenting

**Length: 9:10**

**Cash Nickerson**, employment expert, attorney, author of "*BOOMERangs: Engaging the Aging Workforce in America*"

As nearly 80 million Baby Boomers approach the traditional age of retirement, Mr. Nickerson said many want to continue to work, and the economy needs them. He discussed the challenges that surround an aging working population and offered ideas on how older workers can make a gradual transition into retirement, rather than a sudden exit from the workforce.

**Issues covered:**  
Senior Citizens  
Employment

**Length: 8:07**

**Jeff Haig**, Chair of the UCLA Scholarship Admissions Committee, co-author of the book "*Unlock Your Educational Potential*"

Mr. Haig talked about the value of summertime activities as a strategic opportunity for students planning for college. He believes that many common summer activities can be used to broaden a student's horizons and get a leg up in the competitive college admittance process.

**Issues covered:**  
Education  
Children's Issues

**Length: 5:02**

Show # 2016-31

**Date aired:** 7/31/2016 **Time Aired:** 6:00 PM 10:00 PM

**David Casarett, MD, MA**, Associate Professor of Medicine, University of Pennsylvania Perelman School of Medicine Director of Hospice and Palliative Care, University of Pennsylvania Health System, author of "*Shocked: Adventures in Bringing Back the Recently Dead*"

Most people don't survive cardiac arrest or significant trauma. Dr. Casarett discussed the latest developments in resuscitation and just how far science has come in the past few years. He talked about the ethical dilemma posed by reviving a person who may not have a good quality of life in the aftermath. He talked about the impressive survival rate of those who receive competent CPR treatment.

**Issues covered:**  
Personal Health  
Emergency Medicine

**Length: 8:20**

**Greg McBride**, Chief Financial Analyst for Bankrate.com

Mr. McBride's organization recently conducted a study that found that a third of all Americans have nothing saved for retirement. He said the one encouraging aspect of the survey is that more people in their 20s are saving for retirement than ever before. He explained why this issue should be such a serious concern and what someone can do if they believe they are starting to save too late in life.

**Issues covered:**  
Retirement Planning  
Senior Citizens  
Personal Finance

**Length: 9:00**

**Rick Maurer**, author of "*Beyond The Wall Of Resistance: Why 70% of All Changes Still Fail – and What You Can Do About It*"

Seventy percent of all major changes in organizations fail - and that number hasn't changed since researchers started examining success and failure rates some fifteen years ago. Mr. Maurer talked about the most common reasons for failure and what leaders can do about it.

**Issues covered:**  
Workplace Matters  
Employment

**Length: 5:03**

Show # 2016-32

Date aired: 8/1/2016 Time Aired: 0900 AM 1040 PM

**Anthony G. Comuzzie, PhD**, obesity researcher and scientist with the Department of Genetics at the Texas Biomedical Research Institute in San Antonio

Recent government data shows that since the late 1980s and early 1990s, the average American has put on 15 or more additional pounds without getting any taller. Dr. Comuzzie explained why this is such a grave health concern. He also discussed potential causes and solutions to the nation's epidemic of obesity.

**Issues covered:**

**Length: 8:34**

**Obesity  
Personal Health**

**Doug Lamov**, literacy and education expert, Managing Director of Uncommon Schools' Teach Like a Champion team, co-author of "*Reading Reconsidered: A Practical Guide to Rigorous Literacy Instruction*"

Mr. Lamov discussed the importance of teaching students to read with precision, rigor, and insight. He explained how Common Core curriculums are affecting reading programs across the country. He believes that most students are not given challenging enough assignments. He also offered suggestions for parents who want to instill a love of reading in their children.

**Issues covered:**

**Length: 8:44**

**Education  
Literacy  
Government Policies  
Parenting**

**James Kingsland**, Science Production Editor of the London newspaper "*The Guardian*," author of "*Siddhartha's Brain: Unlocking the Ancient Science of Enlightenment*"

Mr. Kingsland discussed the latest research by leading neuroscientists and clinical psychologists that suggests that mindfulness practice reconfigures the brains. He said meditation can make people healthier and happier, and that it can help treat stress, chronic pain, hypertension and substance abuse.

**Issues covered:**

**Length: 4:56**

**Mental Health  
Aging**

Show # 2016-33

Date aired: 8/1/2016 Time Aired: 0900 AM 1040 PM

**Jennifer B. Johnston, PhD**, Assistant Professor of Psychology at Western New Mexico University

Dr. Johnston recently led a study that examined the role that media coverage may play in fueling the increase of mass shootings in the U.S. Her study concluded that one of the most effective ways of curbing mass shooting incidents may be to drastically change how news organizations cover them. She is in favor of an organized campaign to convince media organizations to focus more on the victims, rather than the killer, his weapons and his motivations.

**Issues covered:**

**Length: 9:45**

**Media  
Mass Shootings**

**Brian Roe, PhD**, McCormick Professor of Agricultural Marketing and Policy at Ohio State University

American consumers throw away about 80 billion pounds of food a year. Dr. Roe led a study that examined Americans' attitudes and misconceptions about food waste. He said many consumers think they have good reasons to throw food away, but those perceived benefits are often not real. He noted that food waste is the largest source of municipal solid waste in the U.S. and the most destructive type of household waste in terms of greenhouse gas emissions.

**Issues covered:**

**Environment  
Consumer Matters  
Food Safety**

**Length: 7:28**

**Jan E. Stets, PhD**, Professor of Sociology at the University of California, Riverside

Cheating to get ahead is likely to reduce your level of happiness, according to Dr. Stets' research. In her study, participants were given the opportunity to cheat to get ahead. The 30% who cheated were more likely to report a reduction in happiness, once they considered that others would not see them as moral persons.

**Issues covered:**

**Mental Health  
Workplace Issues**

**Length: 4:58**

Show # 2016-34

Date aired: 8/21/2016

Time Aired: 6:00 PM

WUOH

**Lisa Gill**, Prescription Drugs Editor at Consumer Reports

Prescriptions for opioids have climbed 300% in the past decade and more than 46 Americans die each day from legal pain pills, such as OxyContin, Percocet and Vicodin. Ms. Gill discussed the reasons behind this trend. She also talked about the little-known dangers posed by over-the-counter painkillers like acetaminophen. She offered advice to patients who are dealing with pain. She also explained how the federal government is trying to deal with the issue.

**Issues covered:**

**Drug Abuse  
Personal Health  
Government**

**Length: 10:07**

**Tony Lee**, Publisher of CareerCast.com and JobsRated.com

Mr. Lee outlined his organization's list of the most overrated and underrated jobs, based on factors such as pay, hiring outlook, work environment, stress and physical demands. He explained why certain jobs are not as attractive as they may seem, and why other great career choices are often overlooked. He also offered advice for those who are seeking to change careers or move up the ladder in their present industry.

**Issues covered:**

**Employment  
Economy**

**Length: 7:15**



**Pam Mueller**, graduate student, Department of Psychology, Princeton University

Laptops, tablets and other electronic devices are commonplace in today's classrooms. But Ms. Mueller co-authored a study that found that taking notes by typing, rather than writing, interferes with students' ability to process and remember information. Her research indicated that students who take notes with pen and paper recall more material and perform significantly better in class.

Issues covered:  
Education

Length: 4:51

Show # 2016-35

Date aired: 8/28/2016

Time Aired: 0900 am

1040 fm

**Bob Rusbult**, CEO of The Independent Insurance Agents & Brokers of America

A consumer survey commissioned by Mr. Rusbult's organization found that many homeowners lack adequate insurance coverage, do not fully understand their homeowners policies and do not have enough savings to support their households in the event of a disaster. He discussed the most common misconceptions consumers have regarding homeowners insurance and what to do about it.

Issues covered:  
Disaster Preparedness  
Consumer Matters

Length: 8:37

**Tomas Hult, PhD**, Byington Endowed Chair and Professor of Marketing in the Eli Broad College of Business, Director of the International Business Center at Michigan State University

From recycling to reusing hotel towels, consumers who participate in a company's "green" program are more satisfied with its service, according to Dr. Hult's research. He explained the reasons behind these feelings, and the surprising way consumer decisions are affected when companies offer additional participation incentives.

Issues covered:  
Recycling  
Environment  
Consumer Matters

Length: 8:40

**Rachel Arocho, PhD**, Research Fellow in Human Development and Family Science at Ohio State University

Dr. Arocho led a study that found that teenagers and young adults who expected to get married within the next five years reported committing fewer delinquent acts in the next year than those who weren't thinking about wedding bells. She discussed the possible reasons behind this finding.

Issues covered:  
Crime  
Youth at Risk

Length: 4:45

Show # 2016-36

Date aired: 9/11/2016 Time Aired: 0900 AM 1040 PM

**Sally Satel, MD**, Resident Scholar at the American Enterprise Institute, editor of *"When Altruism Isn't Enough: The Case for Compensating Kidney Donors"*

12 people die each day while waiting for a life-saving kidney transplant. Dr. Satel discussed the shortage of organ donations and shared her story of receiving a kidney donation in 2006. She believes that a program to compensate organ donors, through in-kind rewards, such as a contribution to a retirement fund, an income tax credit, or tuition vouchers for their children—rather than lump-sum cash payments—would eliminate the shortage of available organs.

**Issues covered:**  
Organ Donation  
Government Policies  
Personal Health

**Length: 8:28**

**James Betts, PhD**, Senior Lecturer in Nutrition, Metabolism & Statistics at the University of Bath, England

Conventional wisdom has always maintained that breakfast is the most important meal of the day. Dr. Betts led a study that examined whether people who eat breakfast are healthier or lose weight more effectively than those who skip it. He said his research found that breakfast eaters consumed more calories each day and were more physically active overall, but there was no difference in weight. He believes that while breakfast doesn't matter for adults, it still is important for children from a nutrition and learning standpoint.

**Issues covered:**  
Nutrition  
Personal Health

**Length: 8:47**

**Monica Betson Montgomery**, author of *"The Keys to College: A Roadmap for Parents to Guide Their Children"*

Ms. Betson-Montgomery read and scored over 20,000 freshman college applications throughout her career. She believes the process of preparing for college should begin in grade school or even earlier. She outlined possible strategies for parents navigate their way through their child's educational career.

**Issues covered:**  
Education  
Parenting

**Length: 4:57**

Show # 2016-37

Date aired: 9/11/2016 Time Aired: \_\_\_\_\_

**Michelle Mazurek, PhD**, Assistant Professor, Computer Science, University of Maryland College Park

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.

**Issues covered:**  
Online Security  
Crime  
Consumer Matters

**Length: 8:52**

**Chris Voss**, former FBI's lead international kidnapping negotiator, founder and principal of The Black Swan Group, author of "*Never Split the Difference: Negotiating As If Your Life Depended On It*"

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.

**Issues covered:**

**Length: 8:25**

Career  
Parenting

**Christine Fahlund**, Senior Financial Planner and Vice President of Investment Services at T. Rowe Price Investment Services

Ms. Fahlund discussed the effect that today's economy has on retirement planning. She believes that many Baby Boomers have been naive when it comes to planning for retirement. She also explained why some employers are becoming more proactive in helping their workers save for their senior years.

**Issues covered:**

**Length: 5:04**

Personal Finance  
Retirement Planning  
Senior Citizens

Show # 2016-38

Date aired: 11/2/16

Time Aired: 0900 AM 10/10/16

**Erica Reischer, PhD**, psychologist, parent educator, author of "*What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive*"

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.

**Issues covered:**

**Length: 7:51**

Parenting

**Andrew Scott**, 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 "*The 100-Year Life: Living and Working in an Age of Longevity*"

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.

**Issues covered:**

**Length: 9:23**

Retirement Planning  
Senior Citizens

**Brian Fligor**, Chief Audiology Officer at Lantos Technologies, Inc., former Director of Diagnostic Audiology and Children's Hospital in Boston

An estimated 2 million students in the US play in middle- and high-school marching bands. Dr. Fligor believes that parents should be concerned protecting their kids' hearing when they are exposed to loud sounds for long periods. He talked about the warning signs of hearing damage and explained the ways to prevent it.

**Issues covered:**  
Hearing Loss  
Parenting Concerns  
Senior Citizens

**Length: 4:58**

Show # 2016-39

**Date aired:** 9/25/2016 **Time Aired:** 0900 AM 1040 PM

**Anna S. Mueller, PhD**, Sociologist and Assistant Professor in Comparative Human Development, Research Associate at the Population Research Center at the University of Chicago

Teen suicide clusters are a recent discovery, and little is understood about their causes and how to prevent them. Prof. Mueller studied of the phenomenon in a small town. She found that intense pressure to succeed academically and athletically, plus the ease with which private information became public, due to social connectedness, left teens and their parents unwilling to seek help for mental health problems. She said suicide prevention strategies need to be tailored to fit the unique dynamics of individual communities.

**Issues covered:**  
Teen Suicide  
Mental Health  
Parenting

**Length: 7:57**

**Shola Richards**, author of "*Making Work Work: The Positivity Solution for Any Work Environment*"

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.

**Issues covered:**  
Bullying  
Workplace Matters

**Length: 9:21**

**Rodger Alan Friedman**, chartered retirement planning counselor and financial advisor with more than 30 years' experience, author of "*Fire Your Retirement Planner: You! Concise Advice on How to Join the \$100,000 Retirement Club*"

More than half of all Americans are not confident or just slightly confident when it comes to making the right retirement investment decisions. Mr. Friedman believes retirement planning is not a do-it-yourself exercise, but that professional help is vital. He explained how to find a competent financial advisor.

**Issues covered:**  
Retirement Planning  
Senior Citizens

**Length: 5:04**



Call Letters: VERY AM-FM

Weekly Public Affairs Program

**QUARTERLY ISSUES REPORT, APRIL-JUNE, 2016**

Show # 2016-14  
Date aired: 4/3/2016 Time Aired: 0900 AM 1000 PM

**Marie Jameson**, home and lifestyle columnist, author of *“Downsizing The Family Home: What to Save, What to Let Go”*

Nearly everyone eventually faces the difficult, emotional journey of downsizing an aging parents' home. She talked about the often unexpected emotions and challenges as people sort through a lifetime of possessions. She explained how to make wise decisions on what to keep, toss or sell, and why it is usually easiest if elder family members are involved, rather than leaving the task to their heirs after their death.

**Issues covered:** **Length: 8:56**  
**Senior Citizens**  
**Retirement Planning**  
**Mental Health**

**Tracey Helton Mitchell**, former heroin addict, author of *“The Big Fix: Hope After Heroin”*

Ms. Mitchell shared her story of addiction and recovery. She spent eight years on the streets of San Francisco as a heroin addict, then successfully quit and started life anew. She talked about the common misconceptions about heroin addiction, especially for women, and offered advice for those who are struggling with substance abuse.

**Issues covered:** **Length: 8:23**  
**Substance Abuse**  
**Women's Issues**  
**Government Policies**

**Arielle O'Shea**, investing staff writer at NerdWallet.com

It's no secret that Americans need to save more. Ms. O'Shea outlined a recent analysis by NerdWallet that found an alternative approach. She said a 25-year-old could accumulate nearly \$1 million by simply saving and investing 50% of all raises and bonuses over the course of his or her career. She explained why saving for the future is more critical than ever and why this approach may be easier than more traditional plans.

**Issues covered:** **Length: 4:54**  
**Personal Finance**  
**Retirement Planning**

Show # 2016-15

Date aired: 4/10/2016 Time Aired: 0900 AM 1040 PM

**Michelle A. Riklan**, employment and career expert, co-author of *"101 Great Ways to Compete in Today's Job Market"*

Mr. Riklan offered marketing ideas for people either looking for a job or hoping to move their careers forward. She explained the critical importance of social media in today's job market and offered tips to optimize a LinkedIn page. She said even people who are secure in their current jobs should be prepared to immediately take advantage of an opportunity at a better job.

Issues covered:  
Employment Matters  
Career

Length: 8:49

**Judy Foreman**, nationally syndicated health columnist, author of *"A Nation in Pain: Healing Our Biggest Health Problem"*

According to government statistics, 100 million American adults live in chronic pain. Ms. Foreman discussed the connection between chronic pain and prescription drug addiction. She said exercise is one of the most effective ways to deal with chronic pain. She also discussed reforms in government policies that could allow the healthcare system to better deal with the epidemic of chronic pain.

Issues covered:  
Personal Health  
Drug Abuse  
Government Policies

Length: 8:30

**Ciji Ware**, author of *"Rightsizing Your Life"*

Many Baby Boomers are beginning to think about the future and how many material possessions they really need. Ms. Ware believes that more isn't always better. She offered ideas on how to make wise decisions in downsizing, in particular through recycling and donating unneeded items.

Issues covered:  
Charitable Contributions  
Recycling  
Consumer Issues  
Senior Issues

Length: 4:58

Show # 2016-16

Date aired: 4/11/2016 Time Aired: 0900 AM 1040 PM

**Robert Sholly**, domestic counterterrorism expert, retired army colonel who is experienced in both counter-terrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

Issues covered:  
Terrorism  
Personal Protection  
Emergency Preparedness

Length: 9:07

**Shaka Senghor**, author of "Writing My Wrongs: Life, Death, and Redemption in an American Prison"

In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

**Issues covered:**

**Length: 7:59**

**Youth at Risk**

**Crime**

**Prison Reforms**

**Minority Concerns**

**Monica Deza, PhD**, Assistant Professor of Economics in the School of Economic, Political and Policy Science at the University of Texas, Dallas

Dr. Deza led a study that found that teen driving curfews might do more than reduce car accidents. They also may prevent teens from committing crimes or becoming pregnant. She talked about the most common crimes committed by teens and why driving restrictions may make a difference.

**Issues covered:**

**Length: 5:07**

**Youth at Risk**

**Crime**

Show # 2016-17

Date aired:

*4/21/2017*

Time Aired:

*10:00 AM 10/10/16*

**Steve Case**, entrepreneur, investor, and businessman best known as the co-founder and former Chief Executive Officer and Chairman of America Online, author of "*The Third Wave: An Entrepreneur's Vision of the Future*"

Mr. Case discussed the rapidly changing nature of the Internet. He believes we are entering a dynamic new period of online development, where every part of our lives will rely on Internet connectivity. He sees this new wave defined not by hardware or software but by partnerships—especially between business and government. He predicted that entrepreneurs will dramatically change the way institutions like healthcare, education, and agriculture integrate the Internet into our lives.

**Issues covered:**

**Length: 8:24**

**Internet**

**Employment**

**Government Regulations**

**Ellen Smit, PhD**, Nutritional Epidemiologist, Associate Professor at Oregon State University College of Public Health and Human Sciences

Dr. Smit led a study that examined four barometers of whether someone's behavior could be considered healthy, and the results were dismal. She found that fewer than 3% of all Americans have a genuinely healthy lifestyle. She explained the importance of the four criteria and the health impacts of each. She also offered suggestions for those who would like to make changes to their own lifestyle.

**Issues covered:**

**Length: 8:39**

**Personal Health**

**Obesity**

**Matt Schulz**, Senior Industry Analyst at CreditCards.com

Mr. Schulz said 30 million Americans received a new chip-enabled credit card over the past six months. Mr. Schulz explained the benefits of the new cards. He also talked about the most common complaints by consumers who use them.

Issues covered:  
Personal Finance  
Consumer Matters

Length: 5:06

Show # 2016-18

Date aired: 5/1/2016

Time Aired: 0900M 1040PM

**Steven Roberts**, college-funding expert, author of *"Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better"*

Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship money and why a student's GPA isn't everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

Issues covered:  
Education  
Consumer Matters  
Parenting

Length: 8:38

**Laura Adams**, Senior Insurance Analyst at insuranceQuotes.com

A traffic ticket can cause a driver's auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations, how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

Issues covered:  
Traffic Safety  
Consumer Matters

Length: 8:35

**Julia Cameron**, author of *"It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond"*

When someone retires, the newfound freedom can be quite exciting, but also daunting. Ms. Cameron explained how cultivating their creative selves can help seniors navigate this new terrain. She said that retirement can be the most rich, fulfilling and creative time of life. She outlined several tools to get there.

Issues covered:  
Senior Citizens  
Retirement Planning

Length: 4:57



Show # 2016-19

Date aired: 5/18/2016 Time Aired: 9:00 AM 10:40 AM

**Ric Edelman**, nationally-recognized financial advisor, syndicated columnist, author of *"The Truth About Retirement Plans and IRAs"*

Only half of all eligible Americans contribute to a retirement plan. Mr. Edelman explained how the average person can save for a comfortable retirement. He talked about the importance of 401(k)s, and IRAs. He also explained how to determine how much money a person may need in retirement, and the dangers of borrowing money from retirement funds.

Issues covered: Length: 8:31  
**Personal Finance**  
**Retirement**  
**Senior Issues**

**James Hubbard, MD**, family physician, author of *"Living Ready Pocket Manual - First Aid: Fundamentals for Survival"*

Dr. Hubbard discussed basic skills that everyone should know in the event of a medical emergency, and basic first aid supplies that every home should have on hand. He outlined steps to stop serious bleeding and what to do in the event someone simply collapses. He also talked about the lifesaving value of automated external defibrillators, which are found in many public places.

Issues covered: Length: 8:44  
**Emergency Preparedness**  
**Personal Health**

**Simon Davidoff**, Water Expert and Director, Food & Beverage Industry for Siemens Water Technologies

Mr. Davidoff talked about little-known ways that water is wasted by consumers each year, both directly and indirectly. He explained how businesses are changing their practices to reduce water consumption and what the average person can do to determine and reduce their personal "water footprint."

Issues covered: Length: 4:58  
**Environment**  
**Consumer Matters**

Show # 2016-20

Date aired: 5/15/2016 Time Aired: 6:00 PM 10:40 AM

**Martin Gibala, PhD**, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario

Dr. Gibala led a study that found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. He recommends the plan for occasionally busy days, not as a permanent substitute for longer and more moderate workouts. He said the findings put to rest the common excuse for not getting in shape: there is not enough time.

Issues covered: Length: 8:52  
**Personal Health**

**Chris Melde, PhD**, Associate Professor and Director of Graduate Studies, School of Criminal Justice at Michigan State University

Dr. Melde was the co-author of a study of street gang membership. He found that depression and suicidal thoughts or attempts are common among youth who join gangs. He outlined the reasons that many troubled teens join gangs and why gang life causes already significant problems in their lives to become even worse.

**Issues covered:**

**Youth at Risk  
Mental Health  
Crime**

**Length: 8:24**

**Matthias Hollwich**, internationally-recognized architect, author of "*New Aging: Live Smarter Now to Live Better Forever*"

Mr. Hollwich discussed ways that homes and communities can be redesigned to make aging a graceful and fulfilling aspect of life. He discussed changes to specific rooms, to help seniors stay safely in their homes for as long as possible.

**Issues covered:**

**Home Safety  
Retirement Planning  
Senior Citizens**

**Length: 4:55**

Show # 2016-21

Date aired: 5/22/16 Time Aired: 6:00 PM 10:00 PM

**Bart de Langhe, PhD**, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder

Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe led a study that found that there is little correlation between better online user ratings and the quality of a product. He explained why consumer opinions often fail to agree with objective product research by consumer organizations.

**Issues covered:**

**Consumer Matters**

**Length: 8:06**

**W. David Brown, PhD, DABSM, CBSM**, Sleep Psychologist at Children's Medical Center, Dallas, co-author of "*Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed*"

Many Americans believe that less sleep equals more productivity. But Dr. Brown said that sufficient sleep and success go hand in hand. He discussed the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance workplace performance.

**Issues covered:**

**Personal Health  
Career**

**Length: 9:01**

**Judith Prochaska, PhD, MPH**, Associate Professor of Medicine, Stanford University School of Medicine

Dr. Prochaska was the lead author of a study comparing employment in smokers and nonsmokers. She found that after 12 months, smokers were less likely to have found a job than nonsmokers, and those who did earned less than nonsmokers. She explained the reasons that employers may be wary of hiring smokers and how they sometimes screen them out in the hiring process.

**Issues covered:**  
Unemployment  
Personal Health

**Length: 5:03**

Show # 2016-22

Date aired: 5/24/2016

Time Aired: 10:00 AM 10:40 AM

**Dorothy Espelage, PhD**, bullying and youth violence expert, Professor of Child Development, Department of Educational Psychology, University of Illinois at Urbana-Champaign

Dr. Espelage led a youth survey that explored the prevalence of sexual harassment and sexual violence among middle school youth as well as the locations where these behaviors occur. She said that these incidents are extremely common in schools and that they are a strong predictor of dating violence as students move into high school.

**Issues covered:**  
Sexual Harassment  
Violence  
Parenting

**Length: 9:34**

**Greg Kaplan, PhD**, Assistant Professor of Economics, Princeton University

Roughly one-third of all American families live paycheck-to-paycheck, according to Dr. Kaplan's recent study. Surprisingly, he found that many of these are middle-class families who have decent incomes, but illiquid assets tied up in homes or retirement funds. He explained why this is so common and why it may not be as financially dangerous as it may appear.

**Issues covered:**  
Economy  
Personal Finance

**Length: 7:46**

**Michelle Macy, MD**, Assistant Professor of Emergency Medicine, University of Michigan

Dr. Macy's research found that that 90 percent of parent drivers admitted to distracted driving with kids in the car. She outlined ten types of driving distractions and explained why they are so dangerous. She also offered tips for parents who would like to minimize distractions on the road.

**Issues covered:**  
Traffic Safety

**Length: 4:45**

Show # 2016-23

Date aired: 6/5/16 Time Aired: 9:00am 10:40am

**Tyler J. VanderWeele, PhD**, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University

Those who attend church services on a regular basis may receive more than just spiritual benefits—they may live longer. Dr. VanderWeele led a study that found that women who went to church more than once a week had a 33% lower risk of dying, compared to those who never went. He talked about the potential reasons behind the finding. He said it is conceivable in the future that doctors routinely ask about church attendance during medical checkups.

**Issues covered:**  
Personal Health  
Religion

**Length: 8:48**

**Kostadin Kushlev, PhD**, psychology research scientist, University of Virginia

Smartphones have become part of everyday life. Dr. Kushlev led a study that found that the increasingly pervasive use of digital technology may be causing ADHD-like symptoms even among the general population. He explained why being separated from a smartphone may cause people to experience distraction and getting bored easily when trying to focus.

**Issues covered:**  
Mental Health  
Consumer Matters

**Length: 8:27**

**Carl Cotman, PhD**, Professor of Neurology and Neurobiology, Director of the Institute for Brain Aging and Dementia, University of California, Irvine

Dr. Cotman explained the results of new research into brain health for seniors. The study found that eating almonds, engaging in exercise and participating in brain-stimulating activities can keep aging brain cells in shape. This may delay or prevent Alzheimer's Disease.

**Issues covered:**  
Alzheimer's' Disease  
Health Issues  
Senior Issues

**Length: 4:56**

Show # 2016-24

Date aired: 6/2/16 Time Aired: 9:00am 10:40am

**Charee Thompson, PhD**, Assistant Professor of Communication Studies at Ohio University

Dr. Thompson was the co-author of a study of college students, drinking and social media. She discovered that having an "alcohol identity" puts college students at greater risk of having drinking problems. Her study also found that posting about alcohol use on social media sites is actually a stronger predictor of alcohol problems than having a drink. She discussed possible strategies to reduce alcohol abuse on college campuses.

**Issues covered:**  
Substance Abuse  
Education  
Social Media

**Length: 6:52**

**Iris Bohnet, PhD**, Professor of Public Policy , Behavioral Economist at Harvard University, Director of the Women and Public Policy Program, Co-Chair of the Behavioral Insights Group at the Kennedy School of Government, author of "*What Works: Gender Equality by Design*"

Dr. Bohnet discussed gender equality in the workplace and why it's good business. She explained why diversity training programs have had limited success. She outlined the latest research into quick and often inexpensive ways that companies can address gender bias and improve performance.

**Issues covered:**  
Gender Equality  
Women's Issues  
Workplace Matters

**Length: 10:17**

**Matthew J. Quade, PhD**, Assistant Professor in the Department of Management at the Hankamer School of Business, Baylor University

Unethical behaviors by employees can tarnish an organization's reputation, lead to considerable monetary losses, and even result in legal prosecutions. Dr. Quade led a study that found that, in many cases, employees will tolerate misdeeds from a coworker who has the reputation of being a high performer. He believes companies need to take a hard look at how they prioritize performance over ethics.

**Issues covered:**  
Ethics  
Workplace Matters

**Length: 4:56**

Show # 2016-25

Date aired: 6/19/2016 Time Aired: 10:00am 10:40 PM

**Leslie Stahl**, longtime reporter for 60 Minutes, author of "*Becoming Grandma: The Joys and Science of the New Grandparenting*"

Ms. Stahl discussed the profound changes and emotions experienced when someone becomes a grandparent. She talked about the physiological changes that occur in women when they have grandchildren, and the therapeutic effects of grandchildren on both grandmothers and grandfathers. She also explained how heartbreakingly common it is for grandparents to be denied access to their grandchildren.

**Issues covered:**  
Family Matters  
Senior Citizens  
Child Custody

**Length: 9:15**

**Kevin Kelly**, co-founder and former executive editor of Wired magazine, author of "*The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future*"

Mr. Kelly discussed twelve technological imperatives that he believes will shape the next thirty years and transform our lives. He is optimistic about innovations, from virtual reality in the home to an on-demand economy to artificial intelligence embedded in everything we manufacture. He offered advice to young people who are plotting educational and career paths in a rapidly-changing tech environment.

**Issues covered:**  
Technology  
Education  
Privacy

**Length: 7:55**

**Career**

**Edward G. Brown**, author of "*The Time Bandit Solution: Recovering Stolen Time You Never Knew You Had*"

According to Mr. Brown, 40 to 60% of time at work is squandered by time bandits—co-workers who demand precious time without thinking. He offered suggestions on how to negotiate with time bandits to prevent unwanted, unnecessary and unproductive interruptions.

Issues covered:  
Workplace Matters  
Productivity

Length: 5:04

Show # 2016-26

Date aired: 6/26/2016 Time Aired: 0900m 1040m

**Michele Borba, EdD**, parenting expert, author of "*UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World*"

Studies have found that kids today are 40% less empathetic than kids were thirty years ago. Ms. Borba explained why kids are more stressed and less happy these days, and what parents can do about it. She explained why having a caring and kind attitude can lead to success later in life.

Issues covered:  
Parenting  
Youth at Risk

Length: 9:22

**Brian Christian**, science writer, co-author of "*Algorithms to Live By: The Computer Science of Human Decisions*"

Mr. Christian explained how computer algorithms can be applied to everyday life, helping to solve common decision-making problems. He believes the wisdom of computer science can help consumers to determine when to leave things to chance, how to deal with an overwhelming array of choices and how best to connect with others.

Issues covered:  
Technology  
Consumer Matters  
Education

Length: 7:51

**Sumir Karayi**, computer expert, CEO of 1E, a software company that helps companies improve their environmental impact

Mr. Karayi discussed the results of a report by the non-profit Alliance to Save Energy and 1E that found that companies are wasting energy and losing sizable amounts of money by leaving computers on 24 hours a day. He explained why companies choose to do this, and what employees can do to convince corporate leaders to change the policy.

Issues covered:  
Energy  
Environment  
Workplace Matters

Length: 4:58

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Weekly Public Affairs Program

**QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2016**

Show # 2016-01

Date aired: 1/3/2016 Time Aired: 00100 AM 1040 PM

**John A. Eterno, Ph.D.**, Professor, Associate Dean and Director of Graduate Studies in Criminal Justice at Molloy College, former Captain with the New York City Police Department, co-author of "*The Crime Numbers Game: Management by Manipulation*"

Dr. Eterno conducted the first scientific examination of crime statistics manipulation in the New York City Police Department. He explained how increasing pressure to show decreasing crime rates by any means necessary has affected police departments throughout the United States. He discussed how this affects crime victims and explained what citizens can do, to ensure that their local police department is reporting crime statistics in an honest manner.

**Issues covered:**

**Length: 8:47**

**Crime  
Government Policies**

**Kristen Copeland, MD**, Assistant Professor of Pediatrics at Cincinnati Children's Hospital Medical Center

75% of young children in the US are in some form of pre-school or daycare outside the home. Dr. Copeland conducted a study that found that most children in daycare get far too little exercise. She explained the reasons behind this trend and why parents should be concerned. She outlined the types of questions parents should ask when they are looking for a pre-school or daycare center.

**Issues covered:**

**Length: 8:24**

**Children's Health  
Parenting  
Education**

**Phil Reed**, Senior Consumer Advice Editor at Edmunds.com

Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

**Issues covered:**

**Length: 4:52**

**Environment  
Consumer Matters**



Show # 2016-02

Date aired: 1/10/2016 Time Aired: 0900 AM 1040 PM

**Jane Bryant Quinn**, personal finance journalist, syndicated columnist, author of "*How To Make Your Money Last: The Indispensable Retirement Guide*"

Even with her decades of experience in the field, Ms. Quinn found planning her own retirement overwhelming, so she set out to find answers. She explained how to determine how much money may be needed for retirement, how to greatly simplify investment decisions, and why communication between a husband and wife is so important in retirement planning.

**Issues covered:**

**Length: 9:06**

**Retirement Planning  
Personal Finance**

**Kate Carr**, President and CEO of Safe Kids Worldwide, a nonprofit organization working to prevent childhood injury

Last year, more than six million car seats were recalled for a safety defect, yet fewer than half of them were fixed. Ms. Carr outlined her organization's concerns and explained why so many recalled car seats were not repaired. She noted that 80 percent of parents believe car seat registration cards are important, but only 42 percent return the card.

**Issues covered:**

**Length: 8:14**

**Children's Health  
Parenting**

**Roger Beckett**, Executive Director of the Ashbrook Center at Ashland University, Ashland, Ohio

For years, the teaching of history and civics has taken a back seat to STEM (science, technology, engineering, math) education. Testing has found that only 18 percent of 8<sup>th</sup> graders are deemed "proficient" or better in history; only 23 percent in civics or government. Mr. Beckett explained why he believes the founding documents of our country should be essential reading for every American, especially students.

**Issues covered:**

**Length: 5:04**

**Education  
Government Policies**

Show # 2016-03

Date aired: 1/11/2016 Time Aired: 0900 AM 1040 PM

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

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

**Issues covered:**

**Length: 8:53**

**Whistleblowing  
Crime  
Government Regulations**

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

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

**Issues covered:**

Education  
Career

**Length: 8:21**

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

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

**Issues covered:**

Personal Health  
Minority Concerns

**Length: 4:54**

Show # 2016-04

Date aired: 1/24/2016

Time Aired: 0900 AM 1040 PM

**Maria Konnikova**, journalist, psychologist, author of "*The Confidence Game: Why We Fall for It . . . Every Time*"

Ms. Konnikova explained how the world's most talented con men can so easily use persuasion and exploit trust to swindle even the most cautious consumers. She said human beings are hardwired to believe, no matter how educated they are about scams and ripoffs. She talked about the most common methods used by crooks to lure their victims in.

**Issues covered:**

Crime  
Consumer Matters

**Length: 9:04**

**Elizabeth Levy Paluck, PhD**, Associate Professor of Psychology and Public Affairs at the Woodrow Wilson School of Public and International Affairs at Princeton University

Curbing bullying has long been a focal point for parents and schools, but Dr. Levy Paluck found that the answer may not lie within rules set by adults. Her team of researchers from Princeton, Rutgers and Yale found that students themselves, particularly those most connected to their peers, were able to reduce and resolve conflicts 30% more effectively than traditional methods used by adults.

**Issues covered:**

Bullying  
Youth at Risk

**Length: 7:51**

**Alex Hutchinson, PhD**, contributing editor at Popular Mechanics magazine, author of "*Big Ideas: 100 Modern Inventions That Transformed Our World*"

Mr. Hutchinson consulted 25 experts at 17 museums and universities to determine the 100 greatest inventions of the modern era. He talked about the long-term trends of scientific research and government's role in it.

**Issues covered:**

**Length: 5:02**

**Science**

**Government Spending**

Show # 2016-05

**Date aired:** 1/31/2016

**Time Aired:** 0900 AM 1040 PM

**Susan B. Roberts, Ph.D.**, Director of the Energy Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston

Most people think of fast food when they imagine the unhealthy effects of eating out. Dr. Roberts led a study that found that 92 percent of meals from both large-chain and non-chain local restaurants exceeded recommended calorie requirements for a single meal. She explained how to keep tabs on restaurant portion sizes and calorie information. She proposed local legislation to require restaurants to offer partial portions at partial prices.

**Issues covered:**

**Length: 8:31**

**Nutrition**

**Personal Health**

**Consumer Matters**

**Government Regulations**

**Marc Goodman**, law enforcement and counterterrorism expert, author of *"Future Crimes: Inside the Digital Underground and the Battle for Our Connected World"*

Technology has improved our lives immeasurably, but Mr. Goodman said that a new tidal wave of tech advancements—from implantable medical devices to drones to WiFi thermostats—are all susceptible to hacking, with disastrous consequences. He explained some of the greatest concerns for the average consumer and how to attempt to keep devices secure.

**Issues covered:**

**Length: 8:45**

**Crime**

**Online Security**

**Sissy Lappin**, veteran real estate agent, author of *"Simple and Sold: Sell Your House Fast and Keep the Commission"*

Selling a house can be expensive. Ms. Lappin said that sales commissions typically devour 40-60% of a home seller's equity. However, she believes that the Internet has made it far easier for a property owner to take control of their own home-selling process and save money. She outlined the basic steps and common pitfalls.

**Issues covered:**

**Length: 4:57**

**Consumer Matters**

**Personal Finance**

Show # 2016-06

Date aired: 2/1/2016

Time Aired: 0900 AM 1040 FM

**Brandi Britton**, District President of Office Team, a staffing service providing temporary administrative and office support staff

Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

**Issues covered:**

**Length: 7:28**

- Employment
- Career
- Social Media

**Jennifer Bradley**, co-author of "Make it Zero: The Movement to Safeguard Every Child"

Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

**Issues covered:**

**Length: 9:43**

- Human Trafficking
- Child Abuse
- Poverty

**Richard Thaler, PhD**, Professor of Behavioral Science and Economics at the University of Chicago Booth School of Business, President of the American Economic Association

Prof. Thaler discussed what happens when economics meets psychology and how irrational human beings greatly influence the US and world economies. He explained how research is in progress to understand human miscalculations, with the goal of developing better decision making in business, government and life in general.

**Issues covered:**

**Length: 4:49**

- Economics
- Consumer Matters
- Mental Health

Show # 2016-07

Date aired: 2/1/2016

Time Aired: 0900 AM 1040 FM

**Jamie Cooper**, Associate Professor in the University of Georgia Department of Foods and Nutrition

Prof. Cooper led a study that found that vacations often lead to small amounts of long-term gradual weight gain and contribute to 'creeping obesity'. She talked about the primary causes of weight gain during vacations and explained why it's important to lose the added weight as soon as possible upon returning from a trip.

**Issues covered:**  
Personal Health  
Obesity

**Length: 9:31**

**R. Douglas Fields, PhD**, Chief of the Section on Nervous System Development and Plasticity at the National Institute of Child Health and Human Development, a part of the National Institutes of Health, Adjunct Professor in the Neuroscience and Cognitive Science Program at the University of Maryland, College Park, author of *"Why We Snap: Understanding the Rage Circuit in Your Brain"*

Today's headlines are filled with examples of otherwise rational people with no history of violence or mental illness who suddenly snap in a domestic dispute, an altercation with police, or road rage attack. Dr. Fields explained the reasons behind these seemingly random episodes. He said every human has been hardwired with the potential to snap. He also said the same pathway in the brain that can result in a violent outburst can also enable us to act heroically and altruistically before our conscious brain knows what we are doing.

**Issues covered:**  
Mental Health  
Domestic Violence

**Length: 7:46**

**Thomas Nassif, Ph.D.**, Professorial Lecturer in American University's Department of Health Studies, researcher at the D.C. Veterans Affairs Medical Center

U.S. veterans often return home with multiple types of trauma, and suffer from one of the highest rates of chronic pain of any population in the U.S. Dr. Nassif led a study that found that veterans who practiced meditation reported a 20 percent reduction in pain intensity, and in how pain interferes with everyday aspects of life, such as sleep, mood, and activity level.

**Issues covered:**  
Military Affairs  
Mental Health  
Personal Health

**Length: 4:46**

Show # 2016-08

Date aired: 2/21/2016 Time Aired: 09:00pm 10:00pm

**Rashmi Shetgiri, MD**, Assistant Professor of Pediatrics, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

Dr. Shetgiri led a study of what factors influence teens to get involved with weapons. She said emotional distress and substance abuse both increase the odds for white, black and Hispanic youth to carry or use a gun or knife. She also discussed the importance of parents and positive role models in the prevention of youth violence.

**Issues covered:**  
Youth Violence  
Youth at Risk  
Minority Concerns

**Length: 7:47**

**Harold Pollack, PhD**, Helen Ross Professor of Social Service Administration at the University of Chicago, where he researches health and urban policy concerns, nonresident fellow at the Century Foundation, co-author of *"The Index Card: Why Personal Finance Doesn't Have to Be Complicated"*

Dr. Pollack believes that everything Americans need to know about managing their money could fit on a single index card. He explained why his nine simple rules outperform more complicated financial strategies. He also discussed the most responsible way to select a financial advisor and why he felt one of his most important rules should be to support the nation's social safety net.

**Issues covered:**  
Personal Finance  
Charitable Contributions

**Length: 9:33**

**Maria Corkern**, reading specialist, teacher, author of "*Doris Thesaurus*"

Recent studies have found that since 1950, the average teenager's vocabulary has dropped from 25,000 words to only 10,000. Ms. Corkern said that a limited vocabulary translates into a reduced ability to think critically and communicate effectively, which results poor educational performance. She offered suggestions for parents on how to help a child improve his vocabulary.

**Issues covered:**  
Education  
Teen Concerns  
Youth at Risk

**Length: 5:02**

Show # 2016-09

Date aired: 2/20/2016 Time Aired: 0900 AM 1040 PM

**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. Harriger 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**

**Phil Reed**, Senior Consumer Advice Editor at Edmunds.com

Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

**Issues covered:**  
Environment  
Consumer Matters

**Length: 4:52**

Show # 2016-10

Date aired: 3/6/2016

Time Aired: 0900 AM 1040 PM

**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:**  
Women's Issues  
Career

**Length: 7:08**

**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:**  
Legal Matters  
Marriage  
Parenting

**Length: 9:57**

**Jerry Brewer, MD**, dermatologist and researcher at the Mayo Clinic

Dr. Brewer led a study that found that the risk of developing the most dangerous type of skin cancer is now more than six times higher among young adults than it was 40 years ago. He talked about the likely reasons behind this trend and why women under age 40 may be especially vulnerable.

**Issues covered:**  
Cancer  
Personal Health

**Length: 4:51**

Show # 2016-11

Date aired: 3/12/2016 Time Aired: 0900 AM 1040 AM

**Brian Fleming**, combat veteran, co-author of *“Redeployed: How Combat Veterans Can Fight the Battle Within and Win the War at Home”*

Mr. Fleming discussed Post Traumatic Stress Disorder and other difficulties faces by combat veterans and their families. He noted that the suicide rate among veterans under the age of 30 has risen by 44% in the past several years. He said no one prepares veterans to successfully make the transition back home. He offered strategies for both vets and their families who are struggling with a return to civilian life.

Issues covered:

Length: 9:16

**Military Families Issues**  
**Government Policies**  
**Mental Health**

**Bradley F. Bale, MD**, heart attack and stroke prevention specialist, Medical Director of the Heart Health Program for Grace Clinic, Lubbock, TX, author of *“Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes”*

Heart disease affects 81 million Americans and is the culprit in one of every two deaths in the United States. Dr. Bale said most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. He outlined some relatively inexpensive lab tests than can uncover arterial inflammation and its underlying causes. He also talked about the importance of simple changes in lifestyle that can dramatically cut the risk of heart attack and stroke.

Issues covered:

Length: 9:16

**Personal Health**

**Alfie Kohn**, education watchdog, author of *“The Homework Myth: Why Our Kids Get Too Much of a Bad Thing”*

Mr. Kohn shared results of a study that found that more homework is being assigned to younger students each school year. He believes that homework provides no benefits in elementary school. He explained why homework is still so widely accepted, despite evidence against it.

Issues covered:

Length: 4:37

**Education**  
**Government Policies**  
**Children's Issues**

Show # 2016-12

Date aired: 3/17/2016 Time Aired: 0900 AM 1040 AM

**Richard Retting, MS, FITE**, transportation consultant for the Governors Highway Safety Association

Pedestrian fatalities in the U.S. jumped last year, the largest annual increase ever measured. Mr. Retting said numerous factors may have contributed to the spike, including an increase in the number of miles driven, alcohol consumption, and the growing use of cell phones among walkers and drivers. He believes states and localities can apply the right mix of engineering, education and enforcement to counteract this troubling trend.



**Issues covered:**  
Traffic Safety  
Government

**Length: 7:09**

**Brandon L. Alderman, PhD**, Assistant Professor of Exercise Science and Sport Studies, Director of the Exercise Psychophysiology Lab at Rutgers University

Dr. Alderman led a study that examined whether a combination of activities can effectively treat depression. Participants who were asked to meditate for 30 minutes before exercising for 30 minutes twice a week had 40 percent less depressive symptoms than they did before the study began. He explained the likely reasons behind these results. He said that even study participants who were not depressed received noticeable benefits.

**Issues covered:**  
Mental Health  
Personal Health

**Length: 10:08**

**Paul Redman**, Executive Director of Longwood Gardens near Philadelphia, one of the leading public gardens in the country, co-chair of the Seed Your Future initiative, which promotes horticulture as a career path for young people

Mr. Redman is concerned about the increasing shortage of professional horticulturalists and horticulture programs at universities. He noted that enrollment in horticulture programs has declined dramatically at a time when the need for graduates of these programs is more important than ever. He outlined the wide variety of good jobs available and discussed possible reasons that horticulture is not considered by young adults preparing to enter college or the job market.

**Issues covered:**  
Horticulture  
Education  
Career

**Length: 5:03**

Show # 2016-13

Date aired: 2/2/2016 Time Aired: 9:00 AM 10:00 AM

**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**

**Jason R. Wiles, PhD**, Associate Professor, Biology, Syracuse University

Dr. Wiles led a study that found that minority college students learn many science, technology, engineering, and mathematics lessons more effectively when they are taught by a recent minority student, rather than a traditional classroom instructor. He explained why STEM subjects are so important for today's students, and the possible reasons why this alternative method of teaching works so well.

**Issues covered:**  
Education  
Minority Concerns

**Length: 5:05**