



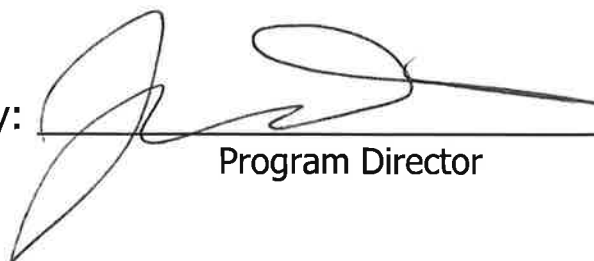
# CUMULUS

## KTOP-AM

### ISSUES AND PROGRAMS FOR THE PERIOD

January 2013 thru March 2013

As compiled by:



Program Director

In our ongoing effort to serve the public interest, this station broadcasts programming responsive to issues and concerns of Topeka, Kansas, and the surrounding area. The following is a list of those issues, and of the station's most significant programming treatment of them.



Call Letters: KTOP-AM

Weekly Public Affairs Program

**QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2013**

Show # 2013-01

Date aired: 1/6/13 Time Aired: 5:00AM

**Devra Davis, PhD, MPH**, epidemiologist, Founding Director of the Toxicology and Environmental Studies Board at the U.S. National Academy of Sciences, visiting professor at Harvard University and Georgetown University, author of "Disconnect"

More than 90% of Americans use cell phones, and Dr. Davis believes this trend, particularly in today's young people, will result in a serious health crisis in the coming decades. She talked about the effects of cell phone radiation on the brain, damage to DNA and reduced sperm counts. Dr. Davis noted that the growing brains of children make them especially vulnerable, and she offered advice for parents. She explained the reasons that most studies of cell phone radiation have not found any cause for concern.

**Issues covered:**  
Personal Health  
Parenting

**Length: 9:28**

**Elton B. Sherman**, expert in energy technologies and "clean tech" companies, author of "Addicted to Energy: A Venture Capitalist's Perspective on How to Save Our Economy and Our Climate"

Mr. Sherman talked about the easiest ways the average homeowner can save energy and money. He also talked about the reasons behind vast differences in energy efficiencies in similar-looking commercial buildings. He offered suggestions for individuals and business that could reduce global warming and create American jobs.

**Issues covered:**  
Energy  
Environment  
Employment

**Length: 7:43**

**Vivien Schapera**, author of "How to Lose Weight and Gain Money: A Program for Putting Your Life in Order"

Ms. Shapera talked about the similarities between weight problems and money problems, such as overconsumption, loss of control and comfort-seeking behaviors. She offered ideas on how to reverse the downward spiral of weight gain and the erosion of financial assets.

**Issues covered:**  
Personal Health  
Personal Finance

**Length: 4:53**

Show # 2013-02

Date aired: 1/13/13 Time Aired: 5:00 AM

**Nanette Sagastume**, founder of a local support group for military families, author of "We Also Serve: A Family Goes to War"

Ms. Sagastume is the wife of a Vietnam War U.S. Marine and the mother of an Iraqi Freedom Marine. She discussed the myriad of challenges faced by today's military families and how it differs from the Vietnam era. She talked about the importance of support groups and what the average person can do to help military families.

**Issues covered:**

**Military Issues  
Family Matters**

**Length: 10:23**

**Lois P. Frankel, PhD**, motivational speaker, expert in workplace behavior, author of "Nice Girls Don't Get Rich"

Ms. Frankel talked about basic steps that women can take to get ahead financially. She talked about the cultural and social reasons that may cause women to make financial missteps, and the quickest ways that women can begin to take control of their money.

**Issues covered:**

**Women's Issues  
Personal Finance  
Education**

**Length: 6:47**

**Amy Knudsen, PhD**, Senior Scientist at Massachusetts General Hospital, Lecturer at Harvard Medical School

Doctors have long recommended that people over the age of 50 should have a colonoscopy every ten years. Dr. Knudsen conducted a study that found that people who undergo that first colonoscopy at age 50 can be safely rescreened with one of three alternative methods in future years. She explained why screening for colon cancer is so important, and outlined the risk factors for those most at risk.

**Issues covered:**

**Personal Health  
Government Spending  
Consumer Matters**

**Length: 5:02**

Show # 2013-03

Date aired: 1/20/13 Time Aired: 5:00 AM

**Randy Albelda, PhD**, Professor of Economics and Senior Research Fellow at the Center for Social Policy at University of Massachusetts in Boston

Dr. Albelda recently co-authored a report called "How Youth Are Put at Risk by Parents' Low-Wage Jobs." She explained the special challenges faced by low-income parents who are in jobs that lack flexible hours and benefits like health insurance, paid sick days and vacation days. She said these factors impact a child's education, health and future prospects. She believes that lower wages are part of a long-term trend in the U.S..

**Issues covered:**

**Poverty  
Youth at Risk  
Parenting**

**Length: 8:24**

**Adam Pertman**, Executive Director of the non-profit Donaldson Adoption Institute, author of "Adoption Nation: How the Adoption Revolution is Transforming Our Families--and America"

Mr. Pertman discussed the rapidly changing process of adoption, largely driven by the Internet. He said social networking and other online tools have radically changed both the process of adoption and the expectation of privacy, because it is so easy to locate and reunite birth mothers and children years after an adoption. He added that the Internet has also aided the rise of scammers and predators offering to expedite the expensive and lengthy process of adopting a child.

**Issues covered:**

**Length: 8:32**

**Adoption  
Parenting**

**Rodlescia Sneed**, Graduate Student in the Psychology Department of Carnegie Mellon University

Ms. Sneed was the co-author of a study that found that parents are 52 percent less likely to develop a cold than non-parents. She explained the possible reasons behind this surprising result. She said the health benefits for a parent appear to continue, even after the offspring has grown to adulthood.

**Issues covered:**

**Length: 4:52**

**Personal Health  
Parenting**

Show # 2013-04

Date aired: 1/27/13 Time Aired: 5:00 AM

**Jeff Herten, MD**, author of "The Sobering Truth: What You Don't Know Can Kill You"

Dr. Herten was a high-functioning alcoholic for over 30 years. He talked about the widespread nature of hidden alcoholism in our society. He believes that alcohol is more addictive and destructive than drugs like heroin. He said alcohol consumption contributes to a surprising number of cancers and other health problems.

**Issues covered:**

**Length: 8:10**

**Alcoholism  
Personal Health**

**Pat Brown**, author of "How to Save Your Daughter's Life: Straight Talk for Parents from America's Top Criminal Profiler"

Ms. Brown said no daughter is safe from harm in today's world, especially now that social media makes it so easy to connect with people we barely know. She discussed risky choices that teens make that can put them in harm's way, and how predators use that behavior to choose their victims. She said parents of teen girls need to be more proactive than ever about keeping their daughters safe.

**Issues covered:**

**Length: 8:47**

**Youth At Risk  
Parenting  
Date Rape  
Crime**

**Jeffrey Shaman**, expert in infectious disease transmission, Assistant Professor in the Department of Environmental Health Sciences at the Mailman School of Public Health at Columbia University

Dr. Shaman said that he and other researchers are working on mathematical models that will soon be able to forecast flu outbreaks, similar to weather forecasts. His project combines data from Google with weather tracking techniques. He explained how forecasts could be helpful to authorities in choosing where to distribute flu vaccines and other medications, and to warn people in the affected regions.

**Issues covered:**

Flu  
Personal Health  
Science

**Length: 4:57**

Show # 2013-05

**Date aired:** 2/3/13 **Time Aired:** 5:00 AM

**Brad E. Sachs, PhD**, family psychologist, author of "Emptying the Nest"

Many young adults are struggling to get on their feet, and are often living at home with their parents much longer than what used to be considered normal. Dr. Sachs discussed this trend and the complex reasons behind it. He also outlined several ways that parents can encourage independence and self-reliance, to help their children.

**Issues covered:**

Parenting Concerns  
Employment

**Length: 9:16**

**Julie Ferguson**, Vice President of Emerging Technologies at Ethoca.com, a fraud-prevention company, co-founder of Merchant Risk Council, nationally-recognized expert in the field of fighting online fraud

A new crime is rapidly increasing in popularity. It's called "friendly fraud," where shoppers buy items online, then claim they never got the order. Ms. Ferguson explained why the crime is so easy to commit, and why it is so hard for online merchants to prevent. She explained hidden incentives that encourage banks to ignore the problem.

**Issues covered:**

Crime  
Consumer Matters

**Length: 7:46**

**Kenneth Dautrich, PhD**, Associate Professor of Public Policy, University of Connecticut

Dr. Dautrich conducted a survey of students to learn their attitudes toward the First Amendment. He found that schools are spending more class time on the First Amendment, but a sizeable number of students either do not view the First Amendment favorably or take its protections for granted.

**Issues covered:**

Citizenship  
Education

**Length: 4:57**

Show # 2013-06

**Date aired:** 2/10/13 **Time Aired:** 5:00 AM

**John Santa, M.D., M.P.H.**, director of the Consumer Reports Health Ratings Center, which provides analyses and ratings to help consumers make informed health-care decisions

*Dr. Santa and Consumer Reports recently evaluated the most frequently-used screenings for cancer. Of the eleven screenings evaluated, the organization only recommended three, cautioning that most consumers should avoid eight other common tests. Dr Santa explained the results of his study, and offered advice for health consumers.*

**Issues covered:**

**Length: 9:21**

**Cancer  
Personal Health  
Consumer Matters**

**Nathaniel D. Smith, M.A., LPC-S, NCC**, Licensed Professional Counselor in suburban Dallas, specializing in anger management and domestic violence issues, author of "Taming Your Temper: A Workbook for Individuals, Couples, and Groups"

*Mr. Smith said that anger is a growing problem in our society, caused in part by our nation's economic struggles in recent years. He discussed the typical causes of anger, and how out-of-control anger can harm a person's health, destroy relationships, and derail a career. He outlined several anger management strategies that he uses with patients in his practice.*

**Issues covered:**

**Length: 7:52**

**Mental Health  
Domestic Violence  
Workplace Matters**

**Vaughan Dabbs, DC**, Chiropractor with more than 20 years of experience, author of "This Is Why Your Back Hurts"

*Dr. Dabbs said Americans are 16 times more likely to experience back pain than someone who lives in a poorer country. He talked about the many choices of treatments for back pain. He also offered advice to improve poor posture, which he believes is one of the primary causes of back problems.*

**Issues covered:**

**Length: 4:58**

**Personal Health**

Show # 2013-07

**Date aired:** 2/17/13 **Time Aired:** 5:00 AM

**Phil Price, PhD**, physicist at the Airflow and Pollutant Transport Group of the Lawrence Berkeley National Laboratory, expert on indoor radon gas

*The federal government says radon causes about 21,000 deaths from lung cancer each year. However, Dr. Price says the issue is more complex and the total number of radon deaths is uncertain. He explained why not every building or person is at equal risk. He also outlined how a homeowner can decide whether to be concerned and what to do about it.*

**Issues covered:**

**Length: 8:04**

**Radon  
Community Health  
Government Regulation**

**Michael G. Trachtman**, attorney, author of "The Four Mistakes: Avoiding the Legal Landmines that Lead to Business Disaster"

Lawsuits can have severe consequences for businesses, both large and small. Mr. Trachtman outlined the most common legal vulnerabilities, and how employees can protect their jobs by helping their employer to steer clear of litigation.

**Issues covered:**

**Length: 9:11**

Legal Issues  
Employment

**Brian Elbel, PhD, MPH**, Assistant Professor of Medicine and Health Policy at the New York University School of Medicine and Wagner School of Public Service

Fast food chains are now required to post calorie information on their menus, thanks to regulations in the federal health care law. Dr. Elbel conducted a study in lower-income neighborhoods in New York City and found that the added information made no difference in what a customer ordered. He talked about the possible reasons behind this, and offered suggestions that could help to lower obesity rates.

**Issues covered:**

**Length: 4:37**

Personal Health  
Poverty  
Government Regulation

Show # 2013-08

Date aired: 2/24/13 Time Aired: 5:00 AM

**Jennifer Urban**, Assistant Clinical Professor of Law at the University of California, Berkeley School of Law

Smart electric meters are being deployed at a rapid pace around the country, promising to help the power industry meet power demand, fix problems faster, and possibly help consumers lower their electricity bills. Prof. Urban said many privacy advocates are raising concerns about who could get access to the extensive household data collected by these new devices and how that access could be abused.

**Issues covered:**

**Length: 9:20**

Energy  
Privacy  
Government Regulation

**Ron Pollack**, Executive Director of Families USA, an advocacy organization

Some families will be priced out of health insurance due to what's being called a glitch in the federal healthcare reform law. Mr. Pollack said some families that can't afford coverage offered by their employer are not eligible for money from taxpayers to buy private health insurance on their own. Mr. Pollack outlined the problem, and said the number of families affected and the potential cost to cover them is unknown.

**Issues covered:**

**Length: 7:53**

Healthcare  
Government Regulation

**Jennifer Grasz**, Vice President of Corporate Communications at CareerBuilder.com

Employees can torpedo their own careers in many ways. CareerBuilder found that one of the most common is being late for work. Ms. Grasz talked about the reasonable and outlandish explanations that employers have heard for tardiness. She also offered suggestions for workers who struggle to be on time for work.

Issues covered:

Length: 4:43

Employment

Workplace Matters

Show # 2013-09

Date aired: 3/3/13 Time Aired: 5:00 AM

**Ellen Vancko**, Nuclear Energy & Climate Change Project Manager for the Union of Concerned Scientists in Washington, D.C., expert on nuclear power and electricity markets

Nuclear power provides 20% of the nation's electricity, but the Union of Concerned Scientists believes that a massive amount of subsidies exist that mask its true costs. Ms. Vancko explained how these subsidies are often overlooked by politicians and taxpayers. She talked about subsidies provided to other forms of energy. She also discussed renewable energy sources that could eventually be less expensive than nuclear.

Issues covered:

Length: 8:08

Energy

Government Spending

**Erik Rush**, online columnist and writer, author of "Negrophilia"

Mr. Rush said that the U.S. has made more progress in race relations than many will admit. He believes that race is too frequently used as a tool for political and financial purposes and that this often prevents honest conversation on the topic. He discussed the role of poverty and family in minority communities, and offered suggestions on ways to improve racial dialogue.

Issues covered:

Length: 9:14

Minority Concerns

Poverty

**Brian Depew**, assistant director of the Center for Rural Affairs, a nonprofit research group in Lyons, Nebraska

In rural America, only 60 percent of households use broadband Internet service, according to the Department of Commerce, 10 percent less than urban households. Mr. Depew talked about the difficulty of getting high-speed Internet service in many rural areas. He explained why this results in an economic and educational handicap. He explained how government action can help.

Issues covered:

Length: 4:55

Rural Concerns

Government Spending

Economy



Show # 2013-10

Date aired: 3/10/13 Time Aired: 5:00 AM

**Phil Reed**, Senior Consumer Advice Editor at Edmunds.com, an automotive web site

As gasoline prices continue to rise, drivers are searching for ways to save money at the pump. Mr. Reed discussed some of the most common myths about gasoline and getting better mileage. He said today's cars can easily adapt to different blends of gasoline, so motorists should not worry about using "cheap" gas or trying a lower-octane fuel.

Issues covered:

Length: 8:19

Energy  
Consumer Matters

**William E. Copeland, PhD**, Assistant Clinical Professor in the Department of Psychiatry and Behavioral Sciences at Duke University

Dr. Copeland was the lead author of a study that found that bullied children grow into adults who are at increased risk of developing anxiety disorders, depression and suicidal thoughts. He said every parent should discuss bullying with their children in order to proactively open the lines of communication on the topic.

Issues covered:

Length: 8:56

Bullying  
Mental Health  
Parenting

**Lyn-Genet Recitas**, expert in holistic medicine, author of a book called "The Plan: Eliminate the Surprising "Healthy" Foods That Are Making You Fat--and Lose Weight Fast"

Ms. Recitas said many foods that are considered healthy may not be. She said that when foods like salmon, cauliflower, and beans are combined with each person's unique chemistry, they potentially can cause a toxic reaction that triggers weight gain, premature aging, inflammation, and a host of health problems. She explained how a person can identify their hidden trigger foods.

Issues covered:

Length: 4:53

Personal Health  
Nutrition

Show # 2013-11

Date aired: 3/17/10 Time Aired: 5:00 AM

**Amber Yearwood**, consultant from Trial Behavior Consulting, a juror consultancy firm based in San Francisco

Facebook and other social networking sites are increasingly being used by prosecutors and defense attorneys to decide who is—and who isn't—suitable to serve on a jury. Ms. Yearwood talked about the types of information that can be gleaned about prospective jurors and how it can affect the traditional jury selection process. She also offered suggestions for social network users who are concerned about their personal privacy.

Issues covered:

Length: 9:25

Legal Issues  
Government Policies  
Privacy Concerns

**Kelly Erb**, Philadelphia-based tax attorney, blogger and tax expert for Forbes.com

A number of free and low-cost options for tax preparation and filing are now widely available, offered by both the IRS and commercial software companies. Ms. Erb said nearly 70% of tax filers are now eligible for free tax preparation. She explained the eligibility requirements and how to get information on the programs. She also discussed several scams related to tax preparation that have recently emerged.

**Issues covered:**

**Length: 7:49**

Taxes  
Crime

**Steven Lipshultz, MD**, Chairman of the Department of Pediatrics at the University of Miami's Miller School of Medicine

Dr. Lipshultz was the lead researcher of a study that examined the health effects of energy drinks on teenagers. The study found that though as many as 50 percent of teens report using the drinks, there is little evidence to show that they improve mental focus or physical energy levels. He talked about the potential health problems that can be caused by energy drink consumption, and offered advice for parents who are concerned.

**Issues covered:**

**Length: 4:49**

Personal Health  
Parenting

Show # 2013-12

Date aired: 3/24/13 Time Aired: 5:00 AM

**Spencer Cowan, PhD**, Vice President of Research at the Woodstock Institute, a Chicago-based nonprofit research and policy organization that focuses on fair lending and financial reform

Dr. Cowan led a study that examined fairness in the process of applying for a mortgage. He found that a home loan application listing a female applicant with a male co-applicant is less likely to be approved than one listing a male applicant with a female co-applicant. He discussed the possible reasons behind this issue and why it matters.

**Issues covered:**

**Length: 8:29**

Women's Issues  
Discrimination  
Consumer Matters

**Anne Fletcher**, health and medical writer, author of "Inside Rehab: The Surprising Truth About Addiction Treatment-and How to Get Help That Works"

Ms. Fletcher discussed treatment options for people with substance abuse issues. She visited 15 addiction treatment centers—from outpatient programs for the indigent to Alcoholics Anonymous to famous celebrity rehabs—to determine what forms of rehab are effective. She said it's common for people who struggle with addiction to require treatment multiple times, but she found that rehab centers often provide the same treatment over and over, rather than trying different approaches for repeat patients.

**Issues covered:**

**Length: 8:49**

Substance Abuse  
Mental Health

**Amanda E. Staiano, PhD**, Postdoctoral Research Fellow in the Division of Population Science at the Pennington Biomedical Research Center in Baton Rouge, LA

33% of American children are obese or overweight. Dr. Staiano was the lead author of a study that found that kids who have televisions in their bedrooms are twice as likely to be fat and nearly three times as likely to be at risk for heart disease and diabetes as those who don't. She recommended that parents limit a child's screen time to no more than two hours per day.

**Issues covered:**  
Children's Health  
Parenting

**Length: 5:02**

Show # 2013-13

Date aired: 3/31/13 Time Aired: 5:00 AM

**Anise Wiley-Little**, expert in Human Resources, former corporate Chief Diversity Officer, author of "Profitable Diversity: How Economic Inclusion Can Lead to Success"

Ms. Wiley-Little said diversity is often ignored, although it can be a tremendous resource for businesses. She outlined the reasons that diversity and inclusion should matter to our nation's corporations and communities. She also said that in most cases, male managers and CEOs are ultimately in control of whether diversity succeeds or fails in a company.

**Issues covered:**  
Discrimination  
Minority Concerns  
Workplace Matters

**Length: 9:21**

**Helaine Olen**, personal finance writer, author of "Pound Foolish: Exposing the Dark Side of the Personal Finance Industry"

Americans spend billions of dollars on personal finance products and advice. Ms. Olen discussed common myths purveyed by many of the nation's most respected financial gurus. She said the financial industry frequently sells products and services to consumers that offer little, if any, help in achieving financial security. She talked about the corrosive role that commissions and fees too often play in advice offered by money advisors.

**Issues covered:**  
Consumer Matters  
Personal Finance

**Length: 7:56**

**Joseph Ugrin**, Assistant Professor of Accounting, Kansas State University

Professor Ugrin discussed his study of a trend called "cyberloafing," which is rapidly increasing in workplaces throughout the nation. He found that all employees – old and young alike – are spending large amounts of their workday on non-work-related activities online, such as social networking and managing their finances. He talked about the challenges that employers face in dealing with the problem.

**Issues covered:**  
Workplace Matters  
Personal Productivity  
Employment

**Length: 4:49**



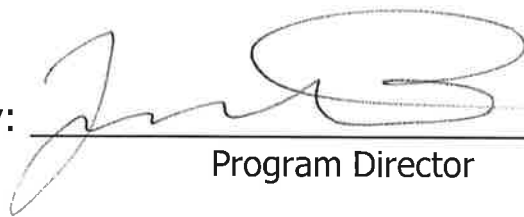
# CUMULUS

## KTOP-AM

### ISSUES AND PROGRAMS FOR THE PERIOD

April 2013 thru June 2013

As compiled by:



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Program Director

In our ongoing effort to serve the public interest, this station broadcasts programming responsive to issues and concerns of Topeka, Kansas, and the surrounding area. The following is a list of those issues, and of the station's most significant programming treatment of them.



**Weekly Public Affairs Program**

Date aired: 4/7/13 Time Aired: 5:00 AM

Show # 2013-14

Total running time: 29:30 (with optional exit at 24:00)

1. **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

2. **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

3. **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



Date aired: 4/14/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-15

Total running time: 29:30 (with optional exit at 24:00)

1. **Frederick M. Hess**, Resident Scholar and Director of Education Policy Studies at the American Enterprise Institute, author of "*The Same Thing Over and Over: How School Reformers Get Stuck in Yesterday's Ideas*"

Mr. Hess believes that even bitter opponents who argue about how to improve schools agree on more than they realize. He suggested that uniformity frequently gets in the way of quality education and that the American education system must change radically. He also said that schools need to implement a much wider variety of schooling options that would better meet student needs.

Issues covered:

**Education Reform  
Government Policies**

Length: 9:23

2. **Kristen Kirkpatrick, MS, RD, LD**, Dietician and Wellness Manager, The Cleveland Clinic Wellness Institute and The Cleveland Clinic Lifestyle 180 Program

Ms. Kirkpatrick said that consumers need to put more thought into the foods that they buy. She offered suggestions to help people read nutrition labels, which will help them make wiser choices. She said locally-produced meat and locally-grown produce is usually a healthier choice. She explained how to find a local farm or produce supplier, which usually can provide information about their food more accurately than a supermarket.

Issues covered:

**Nutrition  
Personal Health**

Length: 7:44

3. **Lance Dodes, MD**, psychiatrist and psychoanalyst, Assistant Clinical Professor of Psychiatry at Harvard Medical School, author of "*Breaking Addiction: A 7-Step Handbook for Ending Any Addiction*"

Dr. Dodes explained how to identify an addiction and recognize key moments in addictive behavior. He said that every addictive act is normally preceded by a feeling of helplessness or powerlessness. He offered both long- and short-term advice for those dealing with an addiction.

Issues covered:

**Addiction  
Mental Health**

Length: 4:46



Date aired: 4/21/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-16

Total running time: 29:30 (with optional exit at 24:00)

1. **Gaby Chapman**, retired teacher, former school board president, author of "*Let Them Have Books: A Formula for Universal Reading Proficiency*"

Ms. Chapman offered advice for parents who want to encourage a love of reading in their children. She explained why youngsters who read for fun do better in school than those who do not. She also talked about the importance of allowing kids to choose their own reading material.

Issues covered:

Literacy  
Education

Length: 8:48

2. **Jeff Reeves**, financial journalist, editor of InvestorPlace.com

Mr. Reeves outlined the most common mistakes investors make when handling their 401(k) investments. He explained how frequently an investor should do some housekeeping with their mutual fund portfolio and how to decide when to rebalance investments that have changed in value.

Issues covered:

Retirement Planning  
Senior Citizens

Length: 8:19

3. **Sarah Brokaw**, author of "*Fortytude: Making the Next Decades the Best Years of Your Life*"

Age 40 is a harrowing milestone for many women. Ms. Brokaw talked about the reasons behind this, and how women can navigate the transition into midlife with more enjoyment. She said society sends women many conflicting messages about being their own person and yet conforming to traditional expectations.

Issues covered:

Women's Issues  
Senior Citizens

Length: 5:03



Date aired: 4/28/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-17

Total running time: 29:30 (with optional exit at 24:00)

1. **H. Gilbert Welch, MD, MPH**, Professor of Medicine and Community and Family Medicine at Dartmouth Institute for Health Policy and Clinical Practice at Dartmouth Medical School, co-author of "*Overdiagnosed: Making People Sick in the Pursuit of Health*"

Dr. Welch said the increasing ability of medical tests to detect minuscule abnormalities, along with changing guidelines, have resulted in the overdiagnosis and overtreatment of many patients. He said many diagnoses and treatments are for abnormalities that would never threaten the patient's health. He explained how patients should decide when to question a doctor's orders for testing.

**Issues covered:**  
Community Health  
Consumer Matters

**Length: 9:21**

2. **Julie Weeks**, Research Advisor at American Express OPEN

Ms. Weeks recently authored a report that analyzed the state of women-owned businesses in the U.S. She found that while women-owned businesses are rapidly growing and diversifying in all industries, their overall revenue continues to lag behind other businesses. Ms. Weeks talked about the reasons behind these trends.

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

**Length: 7:47**

3. **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**





Date aired: 5/5/13 Time Aired: 5:00 PM

**Weekly Public Affairs Program**

Show # 2013-18

Total running time: 29:30 (with optional exit at 24:00)

1. **Felicia Cosman, MD**, Senior Clinical Director and Chair of the National Osteoporosis Foundation, author of *"What Your Doctor May Not tell you about Osteoporosis"*

Recent medical studies about the use of calcium to prevent osteoporosis have had conflicting findings. Dr. Cosman explained that most experts are still unsure about the value of taking calcium supplements. She stressed the importance of getting calcium through the diet, and offered other advice on how to improve bone health and reduce a person's chance of developing osteoporosis.

Issues covered:  
Personal Health  
Women's Issues

Length: 8:05

2. **Deborah Prothrow-Stith, MD**, expert in public health and youth/urban violence, Adjunct Professor at Harvard University, former Massachusetts Commissioner of Public Health, former Henry Pickering Walcott Professor of Public Health Practice at the Harvard School of Public Health

Dr. Prothrow-Stith discussed the growing trend of youth violence and gang activity in America. She believes that youth violence should be approached as a public health issue, similar to the way that smoking and lung cancer were dealt with through public education. She talked about the value of school-based programs, which have resulted in decreases in aggressive behavior. She also outlined the common characteristics that link most young violent offenders.

Issues covered:  
Youth Violence  
Crime  
Youth at Risk  
Parenting

Length: 9:01

3. **Karen Simpson-Hankins**, mortgage and real estate expert, author of *"Conquer Your Closing: Insider Secrets for Today's Savvy Home Buyer"*

Ms. Simpson-Hankins discussed the four biggest mortgage mistakes most consumers will make. She talked about the questions that every consumer should ask lenders before signing the deal. She also explained why home inspections are crucial in the home-buying process, and how consumers can wisely shop for the best interest rate.

Issues covered:  
Consumer Matters  
Economy

Length: 4:59



Date aired: 5/12/13 Time Aired: 5:00m

**Weekly Public Affairs Program**

Show # 2013-19

Total running time: 29:30 (with optional exit at 24:00)

1. **Cathy Steinberg**, personal safety expert and trainer, author of "*The Fabulous Girl's Guide to Being Fearless: What Every Girl Should Know*"

FBI statistics say that 1 in 4 females in the US will be a victim of violent crime. Ms. Steinberg talked about the most common types of violence directed at young women, and offered suggestions of how to avoid dangerous situations. She explained why it is so important for prospective college students to evaluate campus security before they make a decision on where to go to school.

Issues covered:

Sexual Assault  
Crime  
Women's Issues

Length: 8:18

2. **Chadwick Wasilenkoff**, founder and CEO of Fortress Paper, a specialty paper company that produces secure paper for currencies around the world

Mr. Wasilenkoff discussed the measures that governments take to prevent counterfeiting of currencies. He said that a large percentage of counterfeit US bills are believed to be produced by state-sponsored operations in countries such as North Korea. He explained why new measures, such as the improved \$100 bill, do slow down counterfeiters temporarily. However, he said criminals eventually adapt to such changes, so it is a never-ending battle. He explained how consumers can try to identify counterfeit bills.

Issues covered:

Counterfeiting  
Crime  
Government Regulations

Length: 8:55

3. **Megan Moreno, MD**, researcher at Seattle Children's Research Institute and Associate Professor of Pediatrics at the University of Washington

Dr. Moreno recently conducted a study that found that teens who smoke cigarettes are 23 times more likely to smoke marijuana, compared to those who don't use tobacco. She talked about the reasons behind this finding. She also explained how the recent legalization of marijuana in several states may affect its use nationwide.

Issues covered:

Substance abuse  
Government Regulations

Length: 5:04



**Weekly Public Affairs Program**

Date aired: 5/19/13 Time Aired: 5:00 AM

Show # 2013-20

Total running time: 29:30 (with optional exit at 24:00)

1. **Michael Moss**, Pulitzer Prize-winning reporter for The New York Times, author of "*Salt Sugar Fat: How the Food Giants Hooked Us*"

Every year, the average American eats thirty-three pounds of cheese, seventy pounds of sugar and double the recommended amount of salt--most of it from processed foods. Mr. Moss said that the use of salt, sugar and fat increases sales of processed foods, reduces manufacturing costs, and enables these foods to sit in warehouses or on the grocery shelf for months. He offered suggestions for consumers on how to read product labels.

Issues covered:  
Personal Health  
Consumer Matters

Length: 8:01

2. **Debra Donston-Miller**, editor and writer for InformationWeek.com, expert in social networking and information technologies

Ms. Donston-Miller said social media has essentially become an online resume, and that job hunters who do not use it are at a huge disadvantage. She discussed the most effective strategies for using social media in job searches and networking with colleagues. She explained which social networks are the most useful and why. She also recommended sharing content on social networks, such as reports or videos, to demonstrate expertise and abilities.

Issues covered:  
Employment  
Workplace Matters

Length: 8:59

3. **Tim Lohrentz**, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Mr. Lohrentz recently conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

Issues covered:  
Payday Loans  
Poverty  
Government Regulations

Length: 5:10



Date aired: 5/26/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-21

Total running time: 29:30 (with optional exit at 24:00)

1. **Lester Brickman**, expert on tort reform, Professor at the Benjamin N. Cardozo School of Law of the Yeshiva University, visiting scholar at the Manhattan Institute, author of "*Lawyer Barons: What Their Contingency Fees Really Cost America*"

Mr. Brickman talked about the corrosive effects that contingency fees have on the nation's legal and political system. He explained how these financial incentives dramatically increase costs for litigants and consumers. He also made recommendations for potential reform of the civil justice system.

Issues covered:

Length: 8:04

Legal Issues  
Consumer Matters

2. **Clark Aldrich**, education reform expert and consultant, educational game designer, author of "*Unschooling Rules: 55 Ways to Unlearn What We Know About Schools and Rediscover Education*"

Mr. Aldrich explained why schools are very resistant to change and are stuck in 19<sup>th</sup> century modes of education. He talked about critical skills that are seldom taught in high schools and why he believes that testing and homework don't work. He talked about the innovative methods of education he found among home schooling families, and how those principles could be applied to public school settings.

Issues covered:

Length: 9:14

Education  
Government Policies

3. **Richard M. Gersberg, PhD**, Professor and Head of the Division of Environmental Health in the Graduate School of Public Health, and Acting Director of the Coastal and Marine Institute at San Diego State University

Cigarettes are the most common form of litter in the world, with more than 5.6 trillion filters finding their way into the environment every year. Dr. Gersberg recently led a study that found that 50% of fish died when exposed to water polluted by cigarette butts. He talked about the reasons behind the findings and the overall environmental impact.

Issues covered:

Length: 5:06

Pollution  
Environmental Issues



**Weekly Public Affairs Program**

Date aired: 4/2/13 Time Aired: 6:00 AM

Show # 2013-22

Total running time: 29:30 (with optional exit at 24:00)

1. **Peter A. Sacco, PhD**, psychologist who specializes in addictions, author of "*Right Now Enough Is Enough*"

Dr. Sacco discussed the biggest misconceptions about addictions and bad habits. He said pornography and gambling are the least recognized addictions among Americans today. He noted that addicts are frequently able to hide their behavior and lead seemingly normal lives. He also talked about the most effective routes to recovery.

Issues covered:  
Substance Abuse  
Mental Health

Length: 7:54

2. **Jeff Speck, AICP**, City Planner and Architectural Designer who advocates for smart growth and sustainable design, author of "*Walkable City: How Downtown Can Save America, One Step at a Time*"

In the typical American city, the car is still king. Mr. Speck said that downtown areas and local economies can be dramatically improved by becoming pedestrian-friendly. He explained how simple decisions have cascading effects, and how citizens can influence their elected representatives to make wise choices for their communities.

Issues covered:  
Urban Planning  
Government Policies  
Economy

Length: 9:13

3. **John P. Thyfault, PhD**, Professor of Nutrition and Exercise Physiology, Director of the Health Activity Center at the University of Missouri

Statins, the most widely prescribed type of cholesterol-lowering drugs, have prevented millions of heart attacks and saved countless lives. But Dr. Thyfault conducted a study that found that statins may also counteract the benefits of exercise, the other tried-and-true way to boost cardiac health. He explained why doctors usually prescribe drugs, rather than recommending exercise or dietary change. He also talked about how much exercise can be effective for people dealing with high cholesterol.

Issues covered:  
Personal Health

Length: 5:10



Date aired: 4/9/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-23

Total running time: 29:30 (with optional exit at 24:00)

1. **Jeff Eisenberg**, nationally-recognized expert on bed bugs, CEO of PestAway, Inc., author of "*The Bed Bug Survival Guide*"

Mr. Eisenberg talked about the explosion of bed bug infestations across America, and why the problem has grown so dramatically. He talked about the health concerns related to bed bugs and offered suggestions to avoid bringing them into a home. He also outlined the most effective methods of dealing with a bed bug problem.

**Issues covered:**  
Community Health

**Length: 9:02**

2. **Guy Winch, PhD**, licensed psychologist, author of "*The Squeaky Wheel: Complaining the Right Way to Get Results, Improve Your Relationships and Enhance Self-Esteem*"

Dr. Winch talked about the mental health aspects of complaining and poor customer service. He said constant complaining can leave to depression, low self esteem and damaged relationships. He offered psychologically-grounded advice on how to determine what to complain about, and what to let slide. He also suggested strategies for effectively complaining to get satisfying results.

**Issues covered:**  
Mental Health  
Consumer Matters

**Length: 8:08**

3. **Brendan Burchard**, motivational speaker, founder of Experts Academy, author of "*The Millionaire Messenger*"

Mr. Burchard believes that most people have some unique area of expertise that can inspire others to live a better life, serve their community or run a better business. He explained how a budding expert can also earn money, by sharing their message through websites, books, consulting, and online programs.

**Issues covered:**  
Employment

**Length: 5:06**



Date aired: 4/16/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-24

Total running time: 29:30 (with optional exit at 24:00)

1. **Elizabeth Dunn, PhD**, behavioral scientist, Associate Professor of Psychology at the University of British Columbia, co-author of "*Happy Money: The Science of Smarter Spending*"

Dr. Dunn's research found that people can significantly improve their happiness if they change the way they spend money. She said material things like luxurious homes or new gadgets provide much less happiness than experiential purchases like trips or concerts. She said spending money on other people provides a bigger happiness boost than almost any other expenditure.

Issues covered:  
Consumer Matters  
Mental Health

Length: 8:07

2. **Eric Caine, MD**, John Romano Professor and Chair of the Department of Psychiatry, Professor of Neurology, co-director of the Center for the Study of Prevention of Suicide at the University of Rochester Medical Center

Suicides among middle-aged Americans have increased dramatically in the past decade. Dr. Caine said the rate among white men and women in that age group jumped 40 percent, while it was essentially unchanged for most other racial groups. He said the recession and mortgage crisis may be an important factor in the increase. He added that Baby Boomers seem to have higher levels of depression than other demographic groups. He talked about potential warning signs for those at risk of suicide.

Issues covered:  
Suicide  
Mental Health  
Substance Abuse

Length: 9:07

3. **Adam Barry, PhD**, Assistant Professor of Health Education, University of Florida

Dr. Barry conducted a study that found that two in five designated drivers had been drinking before getting behind the wheel and that 18% had blood-alcohol levels high enough to impair their driving skills. He outlined the potential reasons that designated driver education campaigns have been less than successful.

Issues covered:  
Drunk Driving

Length: 4:56



Date aired: 6/13/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-25

Total running time: 29:30 (with optional exit at 24:00)

1. **Jaron Lanier**, computer and digital network pioneer, author of "*Who Owns the Future?*"

Mr. Lanier explained why he thinks the rise of digital networks has led our economy into recession and decimated the middle class. He said people should be compensated for sharing their personal data with massive digital networks, such as Google, Facebook, Instagram, and in some cases, even the government. He said he is most concerned about the younger generations of Americans who have grown up with reduced expectations of privacy and success.

**Issues covered:**

**Length: 10:25**

**Economy  
Consumer Matters**

2. **Nate Cardozo**, staff attorney for the Electronic Frontier Foundation, which champions privacy rights in the digital world

Many Americans might be surprised to learn that the vast majority of new cars today contain a device that continuously monitors the driver's behavior and vehicle performance. Mr. Cardozo said his biggest concern is that consumers have no way to know what data their car is recording or how long it retains it. He explained why loss of privacy is becoming a greater issue today, and how the problem could be addressed.

**Issues covered:**

**Length: 6:45**

**Privacy  
Consumer Matters  
Government Regulation**

3. **Rand Ghayad**, visiting scholar at the Federal Reserve Bank of Boston, Ph.D. candidate at Northeastern University

Mr. Ghayad led a study that found that employers frequently screen out job candidates who have been unemployed for more than six months. He found that employers showed about four times more interest in applicants out of work for six months or less, even if they had less experience and fewer qualifications than candidates unemployed for longer periods. He said job seekers must be willing to take any kind of work after a few months of unemployment, to avoid large gaps in their resume that will damage future prospects.

**Issues covered:**

**Length: 4:49**

**Unemployment  
Career**





Date aired: 4/30/17 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-26

Total running time: 29:30 (with optional exit at 24:00)

1. **Seth Godin**, workplace expert and marketing guru, author of "*Linchpin: Are You Indispensable?*"

Mr. Godin outlined the biggest reasons that employment security and the workplace have changed so dramatically in the past few years. He suggested ways for employees to increase their value to their company through creativity, innovation and risk taking. He also offered advice for bosses who must find remarkable people to give their company a competitive edge.

Issues covered:  
Employment  
Workplace Matters

Length: 9:28

2. **James Goodwin, MD**, a geriatrician and researcher at University of Texas Medical Branch in Galveston

Current medical guidelines recommend that people over the age of 50 get a colonoscopy once every ten years. Dr. Goodwin said a surprising number of patients have them more frequently. He explained why this is a risky practice, and why as seniors get older, their need for colon cancer screening actually goes down.

Issues covered:  
Personal Health  
Senior Citizens  
Government Spending

Length: 7:42

3. **Joe Watson**, management consultant who specializes in diversity, author of "*Without Excuses*"

Mr. Watson talked about the importance of diversity in corporate America and why it has been such an elusive goal. He offered advice for minority job-seekers on how to demand fair opportunities in the workplace.

Issues covered:  
Diversity  
Minority Issues  
Workplace

Length: 4:52



CUMULUS

**KTOP-AM**

ISSUES AND PROGRAMS  
FOR THE PERIOD

July 1 2013 thru September 30 2013

As compiled by: Forrest Smithkors

Program Director

*In our ongoing effort to serve the public interest, this station broadcasts programming responsive to issues and concerns of Topeka, Kansas, and the surrounding area. The following is a list of those issues, and of the station's most significant programming treatment of them.*



Date aired: 7/7/13 Time Aired: 5:00 AM

Weekly Public Affairs Program

Show # 2013-27

Total running time: 29:30 (with optional exit at 24:00)

1. **Barbara J. Mahler**, Research Hydrologist, U.S. Geological Survey

Ms. Mahler recently authored a USGS report that noted that many common driveway sealants are made of coal tar, which contains dangerous carcinogens. USGS research found that many homes with black driveways have surprisingly large doses of carcinogens in their household dust. She talked about the potential health consequences and explained how consumers can determine if a driveway sealant contains coal tar.

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

**Length: 8:14**

2. **Sonya Lunder**, expert in environmental health, Senior Analyst at Environmental Working Group

Ms. Lunder said her organization tested 600 beach and sport sunscreens and only about 20% met their standards for safety and effectiveness. She explained what consumers need to know when choosing a sunscreen product. She also noted that high-SPF products often give a false sense of security, and that sunscreens might actually increase the risk of the deadliest form of skin cancer for some people. She also explained why European consumers have better choices in sunscreens than Americans.

**Issues covered:**  
Personal Health  
Consumer Matters  
Government Regulation

**Length: 8:51**

3. **Mark Thompson and Brian Tracy**, experts in entrepreneurship, authors of "*Now, Build a Great Business!: 7 Ways to Maximize Your Profits in Any Market*"

Mr. Thompson and Mr. Tracey explained why tough economic times can actually be a good time to start a business. They talked about the importance of a business plan and how to find great potential employees.

**Issues covered:**  
Employment  
Workplace

**Length: 4:59**



Date aired: 7/14/13 Time Aired: 5:00M

**Weekly Public Affairs Program**

Show # 2013-28

Total running time: 29:30 (with optional exit at 24:00)

1. **Donald Edmondson, PhD, MPH**, Assistant Professor of Behavioral Medicine at the Columbia University Medical Center in New York

Dr. Edmondson's research has discovered that nearly one in four people who suffer a stroke also experiences symptoms of post-traumatic stress disorder afterwards. He discussed other life-threatening illnesses that can also result in PTSD. He said the younger a person is who experiences a life-threatening event, the more likely they are to experience PTSD. He also talked about the potential treatments for the disorder.

**Issues covered:**  
Personal Health  
Mental Health  
Senior Citizens

**Length: 8:31**

2. **Kathryn Zickuhr**, Pew Research Center's Internet and American Life Project.

Ms. Zickuhr led a surprising study that found that Americans ages 16 to 29 are actually more likely than older Americans to have read a printed book in the past year and are more likely than their elders to use a library. She discussed the rapidly changing landscape of technology and literacy, and how libraries have adapted.

**Issues covered:**  
Literacy  
Youth Concerns  
Technology

**Length: 8:44**

3. **Guillermo Payet**, Founder and President of LocalHarvest.org, a non-profit organization that maintains a nationwide directory of small farms, farmers markets and other local food sources

Mr. Payet explained Community Supported Agriculture, where small farmers sell shares of their annual harvest to local families. The families then receive weekly deliveries of vegetables or fruit. He talked about the positive social and environmental impact of the "buy local" movement.

**Issues covered:**  
Agriculture  
Environment  
Consumer Matters

**Length: 5:02**



Date aired: 7/21/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-29

Total running time: 29:30 (with optional exit at 24:00)

1. **Karen E. Smith**, Senior Research Associate with the Income and Benefits Policy Center at the Urban Institute

Ms. Smith co-authored a study for the Center for Retirement Research at Boston College, which found that the Great Recession may have permanently reduced future retirees' incomes by an average of \$2,300 a year. She explained the reasons behind this finding, who will be most affected, and how Americans can try to mitigate the damage to their retirement savings.

**Issues covered:**  
Senior Citizens  
Retirement Planning  
Economy

**Length: 7:13**

2. **Peter J. Pronovost, MD, PhD**, intensive care specialist physician at Johns Hopkins Hospital in Baltimore, Professor at the Johns Hopkins University School of Medicine in the Departments of Anesthesiology and Critical Care Medicine, Professor of Health Policy and Management at the Johns Hopkins Bloomberg School of Public Health, Medical Director for the Center for Innovation in Quality Patient Care, author of "*Safe Patients, Smart Hospitals*"

31,000 Americans die each year as a result of bloodstream infections that occur during hospitalization. Dr. Pronovost is on a state-by-state crusade to prevent these deaths with a simple infection-reduction checklist for hospital personnel. This free program has virtually eliminated infections in participating hospitals.

**Issues covered:**  
Community Health

**Length: 10:03**

3. **Paul Tough**, editor at the New York Times Magazine, nationally-recognized writer on poverty, education and the achievement gap

Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.

**Issues covered:**  
Poverty  
Education  
Minority Concerns  
Parenting

**Length: 5:04**



Date aired: 7/28/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-30

Total running time: 29:30 (with optional exit at 24:00)

1. **Jon D. Miller, PhD**, Research Scientist, Director of the International Center for the Advancement of Scientific Literacy at the University of Michigan

Dr. Miller's research found that 48 percent of Generation X (ages 37-48) are enrolled in continuing education courses or other job training. He explained why technology and the changing job market have made it necessary for midcareer professionals to pursue lifelong learning opportunities. He believes this is the new norm, particularly in technical fields, such as medicine, auto mechanics or information technology, and that workers will routinely return to school to stay up to date with changing technology and trends.

**Issues covered:**  
Education  
Career

**Length: 7:26**

2. **Paul Offit, MD**, Chief of the Division of Infectious Diseases and Director of the Vaccine Education Center at the Children's Hospital of Philadelphia, Professor of Pediatrics at the University of Pennsylvania School of Medicine, author of book called "*Do You Believe in Magic? The Sense and Nonsense of Alternative Medicine*"

From visits to acupuncturists, chiropractors and naturopaths to the use of vitamins and supplements, half of the US population uses some form of alternative medicine. Dr. Offit said he believes that alternative medicine can be dangerous because it is an unregulated industry under no legal obligation to prove its claims or admit its risks. He explained why alternative medicine's popularity has grown so rapidly. He said he thinks some alternative treatments do work as a result of the placebo effect, enabled by the healing powers of the human mind.

**Issues covered:**  
Community Health  
Consumer Matters

**Length: 9:41**

3. **Meghan Busse, PhD**, Associate Professor of Management and Strategy at the Kellogg School of Management at Northwestern University

Dr. Busse was the co-author of a study that found women frequently are quoted higher prices for car repairs than men. The research also found that consumers (of any gender) who do their homework about the cost of repairs usually pay less. She offered advice on how to avoid being ripped off.

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

**Length: 4:50**



Date aired: 8/4/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-31

Total running time: 29:30 (with optional exit at 24:00)

1. **Andrew Papachristos, PhD**, Robert Wood Johnson Health & Society Scholar at Harvard University, Assistant Professor of Sociology at the University of Massachusetts, Amherst

Dr. Papachristos is an expert in Social Network Analysis and he used this emerging field of science to analyze the rate of random murders in big cities. He found that the vast majority of homicides are anything but random. Homicide victims and their killers tend to be criminally active and more than two-thirds know each other.

**Issues covered:**

**Crime  
Urban Issues**

**Length: 7:27**

2. **David J. Linden, PhD**, expert in addiction, Professor in the Department of Neuroscience at the Johns Hopkins University School of Medicine, author of "*The Compass of Pleasure*"

Dr. Linden said whether it involves eating, taking drugs, engaging in sex, gambling or doing good deeds, the pursuit of pleasure is a hardwired, central drive of humans and many other animals. He outlined recent neurobiological research that explains the reasons behind many forms of addiction and pleasure, and why they are interconnected.

**Issues covered:**

**Substance Abuse  
Addiction  
Mental Health**

**Length: 9:43**

3. **Steve Chaouki**, Group Vice President of TransUnion's Financial Services Business unit

Since the start of the Great Recession, more than 4.4 million Americans have lost their homes to foreclosure. Mr. Chaouki's organization studied the differences between two groups who defaulted: those who struggled to keep paying their mortgage along with other debts like car loans and credit cards, and others who walked away from their mortgage while they kept up their other payments. He shared the surprising results of the study and what consumers can learn from it.

**Issues covered:**

**Economy  
Consumer Matters**

**Length: 5:07**



Date aired: 8/11/13 Time Aired: 5:20 AM

**Weekly Public Affairs Program**

Show # 2013-32

Total running time: 29:30 (with optional exit at 24:00)

1. **Sonya Madison**, Workplace Attorney and Legal Analyst, based in Atlanta

Ms. Madison said a drunk driving conviction can severely damage a person's chances of finding or even keeping a job. She noted that most large employers typically conduct background checks on potential employees today. She explained why negatives such as a DUI conviction often will remove the applicant from consideration for a job opening.

**Issues covered:**

**Drunk Driving  
Employment**

**Length: 7:47**

2. **Jeff Strohl, PhD**, Director of Research at the Georgetown University Center on Education and the Workforce

Dr. Strohl co-authored a recent study that determined that although more Hispanics and African-Americans are going to college, their access to the most selective schools isn't keeping pace. He said there are major income differences between those with a top education compared to graduates of other schools. He explained the reasons behind this problem, and why it is so difficult to address.

**Issues covered:**

**Minority Concerns  
Education**

**Length: 9:21**

3. **Janet Champ**, co-author of "*Ripe: The Truth About Growing Older and the Beauty of Getting on With Your Life*"

Ms. Champ talked about challenges and myths faced by women as they age. She said many women feel discarded and undervalued as they reach their forties. She believes that this phase of life is rich in often underappreciated beauty and that women who adapt to these changes can offer much to society.

**Issues covered:**

**Women's Issues  
Aging  
Senior Citizens**

**Length: 4:39**





Date aired: 8/18/13 Time Aired: 5:00 PM

**Weekly Public Affairs Program**

Show # 2013-33

Total running time: 29:30 (with optional exit at 24:00)

1. **Lori Gottlieb, PhD**, psychotherapist who focuses on marriage and family therapy, author, contributor to the magazine and website, "The Atlantic"

Dr. Gottlieb believes that many modern parents are too obsessed with the happiness of their children and will do nearly anything to spare their kids from even mild discomfort, anxiety or disappointment. She said this form of parenting often dooms children to unhappy adulthoods. She explained how parents can recognize this trend in their family and change it.

**Issues covered:**

**Length: 9:11**

Parenting  
Youth at Risk

2. **William Hanson, MD**, Professor of Anesthesiology and Critical Care, Surgery and Internal Medicine at the Hospital of the University of Pennsylvania, author of "*The Edge Of Medicine The Technology That Will Change Our Lives The Edge Of Medicine*"

Rapid improvements in technology are revolutionizing the medical profession. Dr. Hanson talked about hi-tech advancements such as diagnostic smartphone apps and telemedicine that have recently become commonplace tools for doctors. He explained how these new trends can benefit patients and what other breakthroughs may be on the horizon.

**Issues covered:**

**Length: 8:10**

Personal Health  
Technology

3. **Philip Reed**, Senior Consumer Advice Editor at Edmunds.com

Some environmental groups have recently recommended that motorists turn off their car anytime they will be idling more than ten seconds. Mr. Reed discussed the wisdom of this advice, and potential safety and car maintenance concerns. He offered other practical suggestions for drivers who would like to reduce pollution and fuel costs.

**Issues covered:**

**Length: 5:03**

Environment  
Consumer Matters



Date aired: 8/25/13 Time Aired: 5:00M

**Weekly Public Affairs Program**

Show # 2013-34

Total running time: 29:30 (with optional exit at 24:00)

1. **Eric Brende**, author of "*Better OFF; Flipping the Switch on Technology*"

Mr. Brende believes that today's technology has some downsides. He and his wife left the fast-paced life of high technology at MIT to conduct an experiment: spending a year living in the country with an Amish group. He believes the goal should be a balanced life, and suggested that if Americans decreased their dependency on technology (automobiles, televisions, computers), many social problems could be alleviated.

**Issues covered:**  
Consumer Matters  
Environmental Issues  
Media Issues

**Length: 8:47**

2. **Kathy Boutis, MD**, Emergency Staff Physician, Hospital For Sick Children in Toronto, Associate Scientist, Child Health Evaluative Sciences Program at Sickkids Research Institute

Dr. Boutis conducted a survey that found that less than half of parents understood that radiation from a computed tomography (CT) scan is tied to an increased risk of cancer for their child. She said a CT scan can expose a child to roughly 60 to 80 times the amount of radiation from a standard X-ray. She explained the long-term health concerns and what parents need to know to make wise decisions.

**Issues covered:**  
Personal Health  
Parenting

**Length: 8:25**

3. **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**



Date aired: 9/1/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-35

Total running time: 29:30 (with optional exit at 24:00)

1. **John Santa, MD**, Director of the Health Ratings Center for Consumer Reports

Heart health has become a highly profitable business. Dr. Santa talked about the growing wave of cardiac tests and treatments that are being marketed to aging baby boomers. He said the most dubious tests often result in costly, unnecessary and sometimes dangerous treatments. He also explained how health consumers can get accurate information on the proficiency and competence of heart doctors.

**Issues covered:**  
Personal Health  
Senior Citizens  
Consumer Matters

**Length: 8:32**

2. **Jonathan Levav, PhD**, Associate Professor of Marketing at the Stanford University Graduate School of Business

Wise decision-making is perhaps the greatest factor that determines success or failure in life and business. Professor Levav talked about his study of "decision fatigue." He explained the surprising influences on decisions, and how individuals can improve decision-making by recognizing and controlling those variables.

**Issues covered:**  
Workplace Matters  
Mental Health

**Length: 8:40**

3. **Bernard Biermann, MD, PhD**, Assistant Professor, Department of Psychiatry at the University of Michigan, Medical Director of the Child/Adolescent Inpatient Unit at Mott Children's Hospital in Ann Arbor, MI

Dr. Biermann completed a study that found that parents severely underestimate their teens' use of drugs and alcohol. While just ten percent of parents thought their kids drank alcohol in the past year, 52 percent of teens admitted to doing so. He talked about the possible reasons in the huge disparity, and offered advice for parents on how to recognize the signs of alcohol and drug use in their teenager.

**Issues covered:**  
Substance Abuse  
Parenting  
Youth at Risk

**Length: 5:07**



Date aired: 9/8/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-36

Total running time: 29:30 (with optional exit at 24:00)

1. **Armon B. Neel Jr., PharmD.**, consulting pharmacist, author of "*Are Your Prescriptions Killing You?: How to Prevent Dangerous Interactions, Avoid Deadly Side Effects, and Be Healthier with Fewer Drugs*"

Mr. Neel said that patients and doctors often don't recognize when prescription drugs may be interacting dangerously with one another. He discussed the financial costs to our nation's healthcare system, and explained how patients can reduce the number of medications they're taking.

**Issues covered:**  
Personal Health  
Senior Citizens  
Consumer Matters

**Length: 7:17**

2. **Catherine Steiner-Adair, EdD.**, clinical psychologist, school consultant, author of "*The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*"

The digital world is here to stay, but what are families losing? Dr. Steiner-Adair believes that today's parents often pay more attention to their smartphones than their children. She discussed the emotional impact felt by kids, and outlined how parents can set boundaries on the use of hi-tech devices for both themselves and their children.

**Issues covered:**  
Parenting  
Youth at Risk

**Length: 10:00**

3. **Jack Canfield**, co-creator of the Chicken Soup for the Soul book series, author of "*The Success Principles*" series

Mr. Canfield talked about the keys to success and how to overcome self-defeating beliefs, fears and habits. He also offered principles on building good teams and better relationships at the office, and how to set goals to improve your life and finances.

**Issues covered:**  
Workplace Issues  
Education  
Personal Finance

**Length: 4:51**



Date aired: 9/15/13 Time Aired: 5:00AM

**Weekly Public Affairs Program**

Show # 2013-36

Total running time: 29:30 (with optional exit at 24:00)

1. **Nick Corcodilos**, employment expert, headhunter, founder of AskTheHeadhunter.com, author of "*Fearless Job Hunting*"

Mr. Corcodilos said that the way companies recruit, evaluate and hire employees is a disaster. He said employers misuse computer screening software and sites like LinkedIn, in the hope of finding a mythical perfect candidate, then complain that the American workforce is undertrained and unqualified for today's high tech jobs. He offered advice for people who are seeking a new job.

**Issues covered:**

**Employment  
Job Training**

**Length: 8:57**

2. **Scott Barry Kauffman, PhD**, cognitive psychologist, Adjunct Assistant Professor of Psychology at New York University, author of "*Ungifted: Intelligence Redefined*"

Dr. Kauffman said that the traditional methods of measuring the intellectual potential of children, such as IQ and standardized tests, don't work. He shared his own story of being labeled as "learning disabled" as a child, yet eventually completing his PhD in cognitive psychology at Yale University. He noted that there are many paths to greatness, and argued for a more customized approach to achievement that takes into account each individual's goals, psychology, and developmental trajectory.

**Issues covered:**

**Education  
Children's Issues**

**Length: 7:56**

3. **Gary Brienzo**, Communications Manager, National Arbor Day Foundation

Mr. Brienzo talked about the growing disconnect between children and nature, as youngsters spend more time indoors with smartphones, video games and the Internet. He talked about the benefits of encouraging children and families to spend time outdoors, including better awareness of the environment.

**Issues covered:**

**Environment  
Community Health  
Parenting  
Volunteerism**

**Length: 4:42**



Date aired: 9/22/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-38

Total running time: 29:30 (with optional exit at 24:00)

1. **David Gumpert**, food rights advocate, author of *"Life, Liberty and the Pursuit of Food Rights"*

Mr. Gumpert believes that Americans should have the right to privately obtain foods directly from farmers, neighbors, and local producers, in the same way that previous generations did. He said government regulations are making it increasingly difficult for consumers who wish to get raw milk, custom-slaughtered beef and pastured eggs outside the government regulatory system. He outlined the potential health concerns about mass-produced, processed food sold at supermarkets.

**Issues covered:**  
Food Safety  
Government Regulation

**Length: 8:29**

2. **Noël Janis-Norton**, learning and behavior specialist, founder and director of The New Learning Centre in London, author of *"Calmer, Easier, Happier Parenting: Five Strategies That End the Daily Battles and Get Kids to Listen the First Time"*

Ms. Norton offered advice to parents who are tired of nagging, pleading or yelling just to get their kids to do simple tasks. She offered examples of how parents should use positive reinforcement to encourage children to cooperate. She also offered tips on how to make homework a more positive and pleasant task each day.

**Issues covered:**  
Parenting  
Children's Issues

**Length: 8:40**

3. **Virginia Reichert**, former director of the Center for Tobacco Control at North Shore-Long Island Jewish Health System

Ms. Reichert talked about a study she conducted that discovered many smokers incorrectly believe that nicotine causes cancer. This misperception makes them less like to use nicotine patches or gum to help them stop smoking. She explained how comprehensive programs can greatly increase the success rate of smokers who want to quit.

**Issues covered:**  
Addiction  
Community Health

**Length: 4:58**



Date aired: 9/29/13 Time Aired: 5:00 AM

**Weekly Public Affairs Program**

Show # 2013-39

Total running time: 29:30 (with optional exit at 24:00)

1. **Emily Rogalski, PhD**, Neuroscientist, Research Associate Professor in Cognitive Neurology and Alzheimer's Disease Center at the Northwestern University Feinberg School of Medicine

Dr. Rogalski is in the early stages of a study of "SuperAgers" — men and women who are in their 80s and 90s, but with brains and memories that seem far younger. She explained what has been learned so far from these exceptional seniors, and what she hopes to discover as the study progresses. She said the research may eventually find ways to help protect others from memory loss.

**Issues covered:**  
Personal Health  
Senior Citizens

**Length: 8:01**

2. **Amanda Ripley**, investigative journalist, author of "*The Smartest Kids in the World--and How They Got That Way*"

Over the past fifty years, math and science skills have remained largely flat in the US, while soaring in Canada, Finland and many other developed countries. Ms. Ripley explained why some new "education superpower" countries have rapidly improved test scores, and how their policies differ from the US. She said teachers' college programs in the US should become much more selective, only accepting top students.

**Issues covered:**  
Education  
Government

**Length: 9:10**

3. **Dana Gunders**, Project Scientist, Natural Resources Defense Council's Food and Agriculture program in San Francisco

Ms. Gunders recently co-led a study with Harvard researchers that concluded that dates printed on packaged foods often confuse consumers, leading many to throw out food before it actually goes bad. She said the dates are intended to indicate freshness rather than whether a product is unsafe to eat. She would like to see new government regulations that would standardize food labeling and make it less confusing for consumers.

**Issues covered:**  
Food Safety  
Consumer Matters  
Government Regulations

**Length: 4:55**



CUMULUS

**KTOP-AM**

**ISSUES AND PROGRAMS  
FOR THE PERIOD**

**October 2013 thru December 2013**

As compiled by: Forrest Smithkors  
Operations Manager

*In our ongoing effort to serve the public interest, this station broadcasts programming responsive to issues and concerns of Topeka, Kansas, and the surrounding area. The following is a list of those issues, and of the station's most significant programming treatment of them.*





**Weekly Public Affairs Program**

Call Letters: KTOP-AM

**QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2013**

Show # 2013-40

Date aired: 10/6/13 Time Aired: 6:00 AM

**Shawn Achor**, former Professor of Psychology at Harvard University, CEO of Aspirant, a Cambridge-based consulting firm, author of *"The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work"*

Conventional wisdom is that happiness is a result of success, but Dr. Achor said his research in psychology and neuroscience has proven that the opposite is true: happy people become successful. He explains how employees and managers can reprogram their brains to become more positive in order to gain a competitive edge at work.

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

**Length: 8:27**

**Ralph Sacco, MD**, immediate past-president of the American Heart Association, neurologist at the Miller School of Medicine at the University of Miami

The incidence of strokes among Americans age 45 and younger is rising dramatically. Dr. Sacco explained the likely reasons for this trend and why he is so concerned about it. He talked about the types of disabilities that stroke victims face and the likelihood of recovery. He also suggested steps to prevent a stroke.

**Issues covered:**  
**Strokes**  
**Personal Health**  
**Senior Citizens**

**Length: 8:44**

**Sarah Welch**, organizational expert, co-author of *"Pretty Neat: The Buttoned-Up Way to Get Organized and Let Go of Perfection"*

Ms. Welch said nearly everyone believes that they need to be more organized, but that media images have made it more intimidating than ever. She said that people need to stop holding themselves to impossibly high standards, and focus instead on defining their own, realistic organizational goals. She outlined the steps to get started.

**Issues covered:**  
**Personal Productivity**  
**Workplace Matters**  
**Mental Health**

**Length: 5:04**

Show # 2013-41

Date aired: 10/13/13 Time Aired: 6:00 AM

**Anthony Carnevale, PhD**, Director and Research Professor of the Georgetown University Center on Education and the Workforce

Americans in their 20s and early 30s are the most educated generation ever, but it's taking a lot longer for them to launch their careers. Dr. Carnevale explained how structural economic shifts and two recessions have turned this into the "lost decade" for Millennials, particularly men. He said the new demands for advanced skills in today's job market mean that young adults need more education and training--something that today's universities are failing to deliver.

**Issues covered:**  
Unemployment  
Education

**Length: 8:18**

**Vicki Bogan, PhD**, economist, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University

Dr. Bogan conducted a study of 529 savings plans, which are special tax-favored savings accounts intended to help families save for future college costs. Her study found that fees in these plans are surprisingly high, and the more valuable the state tax break, the higher the fees in a state's plan. She said the complexity of 529 plans often discourages parents from utilizing them. She explained how parents can learn to make wise decisions on saving for college.

**Issues covered:**  
Education  
Personal Finance  
Parenting Issues  
Government

**Length: 8:56**

**Jay M. Harvey, MD**, pediatrician in Trinity, FL

Choosing a pediatrician is one the toughest challenges faced by a new parent. Dr. Harvey explained how parents can make wise choices when selecting a pediatrician for their child, and what basic step parents can take to improve their children's health.

**Issues covered:**  
Personal Health  
Parenting Issues

**Length: 4:48**

Show # 2013-42

Date aired: 10-20-13 Time Aired: 6:00 AM

**Ayal A. Aizer, MD, MHS**, Chief Resident of the Harvard Radiation Oncology Program, Massachusetts General Hospital

Dr. Aizer talked about his study that found that cancer patients who are married are more likely to survive the disease than non-married cancer patients. He discussed the possible reasons behind this trend. He believes that the social support of a spouse is very important in health outcomes. He said patients who are married are also 50% more likely to receive recommended treatments for curable forms of cancer.

**Issues covered:**  
Personal Health  
Cancer

**Length: 7:21**

## Marriage

**Susan Eva Porter, PhD**, school administrator and counselor, author of "*Bully Nation: Why America's Approach to Childhood Aggression is Bad for Everyone*"

Dr. Porter said she believes that today's children are no more aggressive or violent than previous generations, but our nation's sensitivity to bullying has increased dramatically. She said recent legislation targeting bullying has been largely ineffective, and does not help youngsters in the long run. She said labeling a child as a bully or victim also does more harm than good. She also said it's difficult to understand the size of the problem because national bullying statistics are very inconsistent.

**Issues covered:**

**Bullying  
Children's Issues**

**Length: 9:50**

**Edward S. Kubany, PhD**, clinical psychologist, author of "*Healing the Trauma of Domestic Violence*"

Dr. Kubany discussed how victims of abuse can begin to recover and take back their lives. He explained where abuse typically begins in a relationship and how women can identify potential abusive men before becoming involved with them. He said most abused women also experience post-traumatic stress disorder.

**Issues covered:**

**Domestic Violence  
Women's Issues  
Mental Health**

**Length: 4:37**

Show # 2013-43

**Date aired:** 10/27/13 **Time Aired:** 6:00 AM

**Richard Arum, PhD**, Professor in the Dept. of Sociology with a joint appointment in the Steinhardt School of Education at New York University, Director of the Education Research Program of the Social Science Research Council, author of "*Academically Adrift: Limited Learning on College Campuses*"

Dr. Arum believes that the nation's higher-education system is effectively broken. His study of thousands of students found that while many leave college with degrees, a large percentage of them show little to no improvement in critical thinking or complex reasoning skills. He explained the reasons behind this disturbing trend and how it could be corrected.

**Issues covered:**

**Education  
Unemployment**

**Length: 10:01**

**Michael Pravica, PhD**, Assistant Professor of Physics at the University of Nevada, expert in the physics of auto safety and crashes

Prof. Pravica discussed the role of physics in the understanding and investigation of car crashes. He talked about some of the most common misconceptions about speed. He also explained why he thinks that drivers should have an understanding of basic physics in order to drive more safely.

**Issues covered:**

**Auto Safety  
Science**

**Length: 7:10**

**J. Todd Lawrence, M.D., Ph.D.**, orthopedic surgeon at The Children's Hospital of Philadelphia, expert in sports-related injuries

Dr. Lawrence was the lead investigator of a study that found that sports-related knee injuries in children increased more than 400% over the past 12 years. He explained which sports are the most dangerous, and what types of injuries are most common. He also offered advice to parents and student athletes on how to prevent knee injuries.

**Issues covered:**  
Children's Health  
Parenting

**Length: 4:46**

Show # 2013-44

**Date aired:** 11/3/13 **Time Aired:** 6:00 AM

**Ann Dowsett Johnston**, award-winning journalist, author of "*Drink: The Intimate Relationship Between Women And Alcohol*"

Ms. Johnston said women have closed the gender gap in the past decade, not only in their professional and educational lives, but also in terms of alcohol abuse. She noted that corporations have developed marketing strategies and products targeted exclusively to women. She expressed particular concern that alcohol manufacturers are now using social media to target teenage girls for marketing messages.

**Issues covered:**  
Substance Abuse  
Women's Issues

**Length: 9:27**

**Kathryn Edin, PhD**, Professor of Public Policy and Management at the John F. Kennedy School of Government at Harvard University, co-author of "*Doing the Best I Can: Fatherhood in the Inner City*"

Dr. Edin studied fatherhood among inner city men who are sometimes called "deadbeat dads." She said the term does not accurately describe today's urban fathers, many of whom take pride in being involved in the lives of some of their children. She explained how economic and cultural changes have transformed the meaning of fatherhood among the urban poor.

**Issues covered:**  
Inner City Issues  
Parenting  
Poverty

**Length: 7:36**

**David L. Roth, Ph.D.**, Director of the Johns Hopkins University Center on Aging and Health

Dr. Roth's research found that caregivers assisting chronically ill or disabled family members had an 18 percent lower death rate than similar people who were non-caregivers. He talked about the possible reasons behind this surprising finding.

**Issues covered:**  
Senior Citizens  
Personal Health  
Family

**Length: 4:49**

Show # 2013-45

Date aired: 11/10/13 Time Aired: 6:00 AM

**Brian Reich**, expert in new media and social networking, SVP and Global Editor for Edelman, author of *"Shift & Reset: Strategies for Addressing Serious Issues In A Connected Society"*

Mr. Reich believes that our connected society can be more effectively used to address the nation's critical challenges. He explained how non-profit organizations and volunteer groups should take advantage of rapidly changing technologies and new methods of communication to overcome the huge barriers facing the cause/philanthropy community.

**Issues covered:**

**Length: 9:25**

**Volunteerism**

**Philanthropy**

**Community Improvement**

**Karen Pierce, PhD**, neuroscientist, Co-Director of Functional Brain Imaging at the University of California San Diego Autism Center of Excellence, Assistant Research Neuroscientist in the Department of Neurosciences

1 in 100 children in the US have some form of autism. Dr. Pierce tested a simple checklist that can reliably diagnose autism in children by age 1. She explained the most common signs of the disorder and discussed recent advancements in treating it. She also offered optimistic advice for a parent whose child is diagnosed with autism.

**Issues covered:**

**Length: 7:50**

**Autism**

**Children's Issues**

**Joshua Rosenbloom**, student at Harvard Medical School

Mr. Rosenbloom led a study that examined whether alcohol can be good for the heart. His research found that women who survived a heart attack had a 35% lower chance of dying if they drank wine, beer or hard liquor in moderation.

**Issues covered:**

**Length: 4:27**

**Personal Health**

Show # 2013-46

Date aired: 11/17/13 Time Aired: 6:00 AM

**Brad J. Bushman, PhD**, Professor of Communication and Psychology, Margaret Hall and Robert Randal Rinehart Chair of Mass Communication at Ohio State University

Dr. Bushman's research found that gun violence in movies rated PG-13 has more than tripled since PG-13 was introduced in 1985. In fact, he found that today's PG-13 films depict more violence than R-rated movies. Dr. Bushman explained why parents should be concerned. He said the patchwork of different rating systems for TV, movies and video games is confusing for parents and should be standardized.

**Issues covered:**

**Length: 9:01**

**Parenting**

**Media**

**Stewart D. Friedman, PhD**, Professor at the Wharton School of Business at the University of Pennsylvania, Founding Director of the Wharton Leadership Program and Wharton's Work/Life Integration Project, author of "*Baby Bust: New Choices for Men and Women in Work and Family*"

Dr. Friedman studied two classes of Wharton School of Business students, and found stunning results: the rate of graduates who plan to have children has dropped by nearly half over the past 20 years. He outlined the reasons for this disturbing trend and explained why this could be a huge problem for our society. He also offered some potential solutions.

**Issues covered:**

**Parenting  
Career  
Education**

**Length: 8:04**

**Chris & Toren Volkman**, co- authors of "*Our Drink: Detoxing the Perfect Family*"

Chris and Toren offered their perspective on college drinking, as a mother and son who personally suffered the effects. They discussed warning signs of excessive drinking that both parents and college students should be aware of, and talked about the changing attitudes on college campuses.

**Issues covered:**

**Substance Abuse  
Youth at Risk  
Parenting Issues**

**Length: 4:36**

Show # 2013-47

**Date aired:** 11/24/13 **Time Aired:** 6:00 AM

**David Payne**, Staff Economist at The Kiplinger Letter, overseeing Kiplinger forecasts for the US and world economies

More than 11 million Americans are unable to find work, yet there are 3.9 million job openings. Mr. Payne explained why many employers say they are having trouble filling positions. He said the majority of unemployed persons do not have the high-tech skills needed for most of the unfilled jobs. He said community colleges are an excellent resource for job hunters to gain skills to improve their prospects.

**Issues covered:**

**Unemployment  
Education**

**Length: 9:01**

**Patti Feuereisen, PhD**, psychologist who specializes in therapy for survivors of sexual abuse

Dr. Feuereisen said that one in four girls will experience some form of sexual abuse by the age of sixteen. Many women never share their stories, but she believes that the healing process cannot begin until women talk about their experiences.

**Issues covered:**

**Sexual Abuse  
Women's Issues  
Mental Health**

**Length: 9:38**

**Samira Beckwith**, end of lifecare expert, President/CEO of HOPE Healthcare Services

Talking with a dying loved one is a difficult task. Ms. Beckwith offered suggestions on how to open a conversation with a terminally-ill patient. She said some doctors avoid having difficult conversations with their dying patients and will order needless treatments rather than tell their patients that they've exhausted all the treatment options.

**Issues covered:**  
End of Life Issues  
Personal Health  
Senior Citizens

**Length: 4:36**

Show # 2013-48

**Date aired:** 12/1/13 **Time Aired:** 6:00 AM

**Lisa M. Jones, PhD**, Research Associate Professor of Psychology at the Crimes Against Children Research Center at the University of New Hampshire

Dr. Jones co-authored a recent study that found that teen sexting of sexually-oriented photos online or via cell phone may be far less common than people think. She summarized the findings and offered advice for concerned parents. She also discussed a second study she co-authored that examined how law enforcement agencies handle sexting investigations.

**Issues covered:**  
Crime  
Youth at Risk  
Parenting

**Length: 7:18**

**Christopher J. Conover**, Research Scholar at Duke University's Center for Health Policy and Inequalities Research and an Adjunct Scholar at the American Enterprise Institute

Mr. Conover said both Social Security and Medicare are fiscally unsustainable in part because life expectancy has increased substantially since these programs began. He outlined what he believes are the most effective changes to restore the system to long-term viability.

**Issues covered:**  
Senior Citizens  
Retirement Planning

**Length: 9:57**

**Jessica Miller**, commercial real estate advisor, Principal with NegotiationPlus.com, co-author of "A Woman's Guide to Successful Negotiating, Second Edition"

Ms. Miller talked about the most common mistakes made by women in negotiations and the reasons behind those difficulties. She offered tips for women in scenarios such as bargaining for a car, and negotiating a divorce settlement.

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

**Length: 5:04**

Show # 2013-49

Date aired: 12/8/13 Time Aired: 6:00 AM

**Captain Charles Moore**, environmental researcher, internationally-recognized pollution expert, founder of the Algalita Marine Research Foundation, author of "*Plastic Ocean: How a Sea Captain's Chance Discovery Launched a Determined Quest to Save the Oceans*"

Capt. Moore shared his story of accidentally discovering a 1000 square mile mass of plastic scraps in the Pacific Ocean in 1997. He explained where this "plastic soup" is originating and why it collects in that one location. He said little can be done to remove it, but he outlined steps that cities can take to keep plastic out of the environment.

**Issues covered:**

**Environment  
Consumer Matters**

**Length: 7:18**

**Sebastian K. Young**, inspirational entrepreneur, author of "*I Had Every Excuse to Fail But I Chose None*"

When he was a youngster, Mr. Young's mother was brutally murdered. He talked about the challenges he faced as a result, and how he chose to forgive the killer in order to move forward in life. He explained how the wisdom his grandparents shared with him helped in making wise choices and in becoming a determined leader.

**Issues covered:**

**Youth at Risk  
Crime  
Minority Concerns**

**Length: 9:57**

**Laura Arrillaga-Andreessen**, Founder and former Chairman of SV2 (Silicon Valley Social Venture Fund), a venture philanthropy fund, Professor of Strategic Philanthropy at Stanford Graduate School of Business, author of "*Giving 2.0: Transform Your Giving and Our World Second Edition*"

The United States is the world's most generous nation. Ms. Arrillaga-Andreessen shared statistics that illustrate the charitable efforts of individual Americans. She suggested ways to maximize the impact of online contributions and offered advice to parents on how to raise a more giving family

**Issues covered:**

**Charitable Donations  
Volunteerism**

**Length: 5:04**

Show # 2013-50

Date aired: 12/15/13 Time Aired: 6:00 AM

**Marjorie Treu**, Career Coach and Management Consultant, author of "*78 Mistakes New Managers Make; What You Need to Know to Avoid Career Suicide*"

Ms. Treu offered suggestions for employees who may be concerned about potential layoffs. She outlined possible warning signs and how employees should react to them. She discussed the most common mistakes that may affect job security. She outlined other ways to successfully adapt to a changing job market.

**Issues covered:**

**Unemployment  
Workplace Matters**

**Length: 9:42**



**Shawn Bushway, PhD**, Associate Professor of Criminal Justice at the State University of New York, Albany

Dr. Bushway was the co-author of a study that found that by age 23, almost a third of Americans have been arrested for a crime. He talked about the reasons behind this trend and how changes in policing may have affected it. He also discussed the possible employment ramifications, as many young people are unable to pass a background check for certain jobs.

**Issues covered:**

**Length: 7:28**

**Crime  
Youth At Risk**

**Daniel Byrd, PhD**, Research Director at the Greenlining Institute

Dr. Byrd led a 3-year study that found that black and white Americans are still miles apart regarding their perceptions of equality or inequality among racial groups. He outlined the results of his research, and discussed possible ways to increase awareness of racism.

**Issues covered:**

**Length: 4:59**

**Racism  
Minority Concerns**

Show # 2013-51

**Date aired:** 12/22/13 **Time Aired:** 6:00 AM

**Michelle Garcia**, Director of the Stalking Resource Center at the National Center for Victims of Crime

Nearly 3.5 million people over the age of 18 are stalked each year in the United States. Ms. Garcia talked about the most common stalker scenarios, and why the crime is so difficult to define. She also explained why new developments such as GPS and social networking sites have made it much easier for stalkers to target their victims.

**Issues covered:**

**Length: 9:43**

**Stalking  
Crime  
Women's Issues**

**John Izzo, PhD**, business consultant, author of "*Stepping Up: How Taking Responsibility Changes Everything*"

Mr. Izzo said that almost every problem, from personal and business challenges to social issues, can be solved if Americans looked to themselves to create change rather than expecting others to do it. He offered advice to employees who are afraid to speak up at work and how to encourage children to step up and improve problems they see in their community.

**Issues covered:**

**Length: 7:33**

**Workplace Matters  
Community Involvement  
Parenting**

**Ron Shevlin**, Senior Analyst with Aite Group, an independent research and advisory firm serving the financial services industry

Social media sites like Twitter and Facebook have empowered consumers in many new ways. Mr. Shevlin explained how these new tools have made it much easier to complain about a problem or to

influence corporate policies. He offered advice for the best ways for consumers to use social media to interact with companies.

**Issues covered:**  
**Consumer Matters**  
**Technology**

**Length: 4:55**

Show # 2013-52

**Date aired:** 12/29/13 **Time Aired:** 6:00 AM

**Gary Small, MD**, Professor of Psychiatry and Biobehavioral Sciences, Parlow-Solomon Professor on Aging at the David Geffen School of Medicine at UCLA, Founding Director of the UCLA Memory Clinic and Director of the UCLA Center on Aging, author of "*The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life*"

About 5 million Americans have been diagnosed with Alzheimer's disease, and that number is expected to triple in the next few decades. Dr. Small talked about the most common risk factors, and the simple steps that can be taken to prevent or delay the onset of Alzheimer's disease.

**Issues covered:**  
**Personal Health**  
**Senior Citizens**

**Length: 8:17**

**Maribeth Kuzmeski, MBA, CSP**, business consultant, author of "*The Engaging Child: Raising Children to Speak, Write, and Have Relationship Skills Beyond Technology*"

Today's young people are more "connected" than any other generation in history, but many have difficulties with face-to-face social connections. Ms. Kuzmeski explained why many teens can barely carry on a basic conversation and have trouble articulating what they want or need. She outlined steps that parents can take to encourage the growth of communication and social skills in their children.

**Issues covered:**  
**Parenting**  
**Family**  
**Mental Health**

**Length: 8:53**

**Richard Lichenstein MD**, Director of Pediatric Emergency Medicine Research at the University of Maryland School of Medicine

Wearing earphones while walking, biking or driving can be much riskier than most people think. Dr. Lichenstein recently conducted a study that found that headphone-related deaths have tripled in the past several years. He explained who is most likely to become a victim and the reasons that this behavior is so dangerous.

**Issues covered:**  
**Traffic Safety**  
**Personal Health**

**Length: 4:55**