



CUMULUS
THE POWER OF RADIO

KTOP
ISSUES AND PROGRAMS
FOR THE PERIOD

January 1st, 2017 thru March 26th, 2017

As compiled by: *Justin McLuckie*

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

Call Letters: **KTOP**

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2017

Show # 2017-01

Date aired: 01/01/2017 Time Aired: 5:00 AM

Aimée Morrison, PhD, Associate Professor of English Language and Literature, University of Waterloo

Professor Morrison discussed the synthetic perfection in nearly every image we see today, and how that affects women and their self images. She explained why the Photoshopping of nearly every image we see in the media has caused an increase in body insecurity among women. She believes the trend has actually reached a tipping point, where consumers are starting to be turned off by the unattainable images in advertising messages.

Issues covered:
Women's Issues
Consumer Matters
Parenting
Media

Length: 8:36

Michael Harris, author of *"The End of Absence: Reclaiming What We've Lost in a World of Constant Connection"*

Mr. Harris believes that we now live in an age that lacks solitude, and the time we once used to be alone with our own thoughts is now filled with social media and technology. He explained his own story of going on a "technology fast," and why those moments of silence are so important.

Issues covered:
Mental Health
Technology

Length: 8:38

Karen Jones, author of *"The Difference A Day Makes"*

Ms. Jones suggested quick and simple actions anyone can take to make a positive difference in the world around them, to fight scourges like homelessness, racism and poverty. She explained what she calls philanthropy, actions such as volunteering or donating that emotionally benefit the donor.

Issues covered:
Volunteerism
Poverty
Homelessness
Environment

Length: 4:54

Show # 2017-02

Date aired: 01/08/2017 Time Aired: 5:00 AM

Carol L. Rickard, Tobacco Treatment Specialist, author of "*The Benefits of Smoking: Why It's So Hard to Quit Smoking and What You Can Do about It*"

70% of smokers would like to quit, but only 4 to 7% will be successful. Ms. Rickard explained what smokers perceive as the benefits and why it's so hard for people to kick the habit once they've started. She also discussed the potential risks associated with e-cigarettes and vaping. She suggested resources that smokers can use to quit for good.

Issues covered:
Smoking Cessation
Public Health

Length: 8:44

Mathew Freeman, Co-Founder and Senior Executive Consultant at TMI Consulting, a diversity and inclusion management consulting firm, co-author of "*Overcoming Bias: Building Authentic Relationships across Differences*"

Mr. Freeman said every human is biased in one way or another, and it's a constant process to recognize and reduce it. He explained why bias has such an impact in every aspect of life, and how companies should address it in the workplace. He said the secret to dealing with bias is by intentionally cultivating meaningful relationships with those who are different.

Issues covered:
Diversity
Minority Concerns
Workplace Matters

Length: 8:33

Gloria Lopez-Cordle, nationally-recognized patient advocate, creator of "*the Personal Medical Journal*", a patient organizational tool

A recent study found that American hospitals are making preventable medical errors that kill thousands of Americans each year. Ms. Lopez-Cordle believes that patients and their families need to take charge of their medical information to prevent mistakes by doctors. She offered advice on what medical data is important and how to organize it.

Issues covered:
Personal Health

Length: 4:48

Show # 2017-03

Date aired: 01/15/2017 Time Aired: 5:00 AM

Diane Mulcahy, Adjunct Lecturer in the Entrepreneurship Division at Babson College in Wellesley, Massachusetts, author of "*The Gig Economy: The Complete Guide to Getting Better Work, Taking More Time Off, and Financing the Life You Want*"

Today, more than a third of Americans are working in the gig economy--combining short-term jobs, contract work, and freelance assignments. Prof. Mulcahy explained why everyone in today's workforce needs to recognize and accept its changing nature and prepare for it. She outlined the steps to take to transition to a gig career.

Issues covered:
Employment
Education
Career

Length: 8:44

Sarah Elliston, professional workshop leader and trainer, author of "*Lessons from a Difficult Person: How to Deal with People Like Us*"

Nearly everyone has had to deal with a difficult person, either at work or at home. Ms. Elliston said many people don't even recognize that they are difficult to deal with. She explained the reasons behind this character trait and how others can help the difficult person understand the consequences of their behavior.

Issues covered:
Workplace Matters
Mental Health

Length: 8:33

Melody M. Bomgardner, Senior Business Editor of *Chemical & Engineering News*, the weekly newsmagazine of the American Chemical Society

Fleece is a wintertime staple but Ms. Bomgardner said it could be contributing to the next big ocean plastics problem: lint. The lightweight material sheds some of its synthetic microfibers each time it's washed, and this lint ultimately ends up in surface waters and in fish and other wildlife. She explained why this is such a concern and what consumers can do to help.

Issues covered:
Environment
Consumer Matters

Length: 4:48

Show # 2017-04

Date aired: 01/22/2017 Time Aired: 5:00 AM

Tony Lee, employment expert, publisher of CareerCast.com

CareerCast recently completed a study to determine the 10 most and least stressful careers. Mr. Lee explained the factors that his organization used to measure the stress in various jobs. He also discussed the growth potential of careers on the list and why stressful jobs can still be desirable for some people.

Issues covered:
Career
Mental Health

Length: 7:22

Kevin Shird, former drug dealer and convict, President and Co-Founder of the Mario Do Right Foundation, author of "*Lessons of Redemption*"

Mr. Shird shared his story of spending years as young drug-trafficker on the streets of Baltimore, and his eventual arrest and incarceration. He explained how he turned his life around, now working as a community leader, speaking to students about substance abuse prevention and helping children of addicted parents.

Issues covered:
Substance Abuse
Crime
Minority Concerns

Length: 7:44

Sean Burch, multiple world record holder in extreme sports events, fitness and motivational expert, author of "*Hyperfitness: 12 Weeks to Conquering Your Inner Everest and Getting Into the Best Shape of Your Life*"

Mr. Burch shared the story of how he became the first solo climber of Mount Everest. He talked about the importance of diet and fitness, and offered tips on how the average person can lose weight and get into shape.

Issues covered:
Personal Health

Length: 4:58

Show # 2017-05

Date aired: 01/29/2017 Time Aired: 5:00 AM

Jan Edwards, President and CEO of Paving the Way, an organization that raises awareness about sex trafficking through public education

Ms. Edwards discussed the growing issue of sex trafficking. She said the problem is rampant in every corner of the U.S, and that the average victim drawn into the sex trade is age 14 to 16. She outlined other characteristics of those most at risk, and how predators target and groom their victims.

Issues covered:
Sex Trafficking
Youth at Risk
Crime

Length: 9:41

Ted Frank, career consultant, author of "*Get to the Heart*"

Mr. Frank discussed the importance of learning how to effectively communicate in the workplace. He explained how it can increase efficiency and improve productivity. He believes presentations should focus on no more than three key points at a time, and that the use of examples and illustrations is crucial to improved communications.

Issues covered:
Workplace Matters
Career

Length: 7:31

Steve Cicala, PhD, Assistant professor at the Harris School of Public Policy at the University of Chicago, Faculty Research Fellow at the National Bureau of Economic Research

Dr. Cicala led a study that found that deregulated power markets on the wholesale level have significantly cut the cost of generating electricity, saving consumers \$3 billion a year. He discussed how this little-known market works and why it should matter to consumers. He also explained how smart meters will eventually give consumers even greater power in managing their energy costs.

Issues covered:
Energy
Consumer Matters

Length: 5:06

Show # 2017-06

Date aired: 02/05/2017 Time Aired: 5:00 AM

Martin Yate, career and employment expert, author of "*Knock 'em Dead 2017: The Ultimate Job Search Guide*"

Mr. Yate explained why and how technology has fueled rapid changes in the job search market, on nearly a daily basis. He discussed the importance of using and repeating the most effective keywords in resumes. He also talked about the multiple ways that social networking can help to get job interviews and turn them into offers.

Issues covered:
Employment
Career

Length: 8:41

Elizabeth Mack, PhD, Assistant Geography Professor, Michigan State University

Dr. Mack led a study that found that if water rates continue to rise at projected amounts, the number of U.S. households unable to afford water could triple in five years, to nearly 36 percent. She explained why water rates vary widely across the country. She also discussed the role that aging infrastructure and shrinking populations in major cities have in the cost of water.

Issues covered:
Water
Poverty
Government Services

Length: 8:23

Kim Dulic, spokesperson and Public Affairs Officer, U.S. Consumer Product Safety Commission

Every 30 minutes, a child in the U.S. is injured from a TV or furniture tip-over incident. Ms. Dulic encouraged consumers to consider how to secure televisions in homes where young children live or visit. She said inexpensive and easy-to-install products are available in order to prevent tip-over tragedies.

Issues covered:
Child Safety
Consumer Matters

Length: 4:50

Show # 2017-07

Date aired: 02/12/2017 Time Aired: 5:00 AM

Valerie Burton, Certified Personal and Executive Coach, founder of The Coaching and Positive Psychology Institute, author of "*Successful Women Speak Differently: 9 Habits That Build Confidence, Courage, and Influence*"

Ms. Burton said the most successful women are often not the most talented, the most gifted, or even the most experienced. She believes the knack for communicating is what opens doors and gives women influence in the workplace. She outlined simple techniques women can utilize to be more clearly understood and respected.

Issues covered:
Women's Issues
Employment

Length: 8:48

John Hagan, PhD, John D. MacArthur Professor of Sociology and Law, Northwestern University

Dr. Hagan led a study that uncovered a connection between increased unemployment rates and school shootings. He said the findings were consistent across the all regions of the U.S. and that shooters come from all backgrounds and income levels. He offered possible explanations behind this trend.

Issues covered:
School Shootings
Unemployment

Length: 8:19

Jason Hanson, former CIA officer, security specialist, author of "*Spy Secrets That Can Save Your Life: A Former CIA Officer Reveals Safety and Survival Techniques to Keep You and Your Family Protected*"

Mr. Hanson discussed ways to prevent and react to home invasions or abductions. He explained simple steps the average homeowner can take to make a house criminal-proof. He also offered tips on how to stay safe while traveling.

Issues covered:
Crime Prevention
Personal Safety

Length: 5:02

Show # 2017-08

Date aired: 02/19/2017 Time Aired: 5:00 AM

Sally Satel, MD, psychiatrist based in Washington, D.C., lecturer at Yale University School of Medicine, W.H. Brady Fellow at the American Enterprise Institute

An estimated 2.6 Americans are addicted to opioids, including heroin, fentanyl and oxycodone. Dr. Satel discussed the epidemic. She said addiction has very little in common with other conventional diseases. She talked about the effectiveness of medical treatments such as methadone, but added that patients also need therapy, support and, in some cases, tough supervision.

Issues covered:
Drug Abuse
Mental Health

Length: 9:24

Caleb Finch, PhD, ARCO/William F. Kieschnick Professor in the Neurobiology of Aging at the University of Southern California's Leonard Davis School of Gerontology

Dr. Finch led a study that found that tiny particles that pollute the air—the kind that come mainly from power plants and automobiles—may greatly increase the chance of dementia and Alzheimer's disease. He said his research indicates that air pollution could be responsible for about 21 percent of all dementia cases.

Issues covered:
Alzheimer's Disease
Pollution
Government Policies

Length: 7:42

Andrew Friedson, PhD, Assistant Professor of Economics, University of Colorado Denver

Prof. Friedson was the co-author of a study that found that people facing financial delinquencies or falling credit scores may be more likely to die at an early age. He outlined the possible reasons behind this trend. He said government officials should keep these potential life-and-death outcomes in mind when formulating fiscal, monetary or entitlement policies.

Issues covered:
Personal Health
Personal Finance
Government Policies

Length: 4:55

Show # 2017-09

Date aired: 02/26/2017 Time Aired: 5:00 AM

Andrew D. Eschtruth, Associate Director for External Relations at the Center for Retirement Research at Boston College, co-author of "*Falling Short: The Coming Retirement Crisis and What to Do About It*"

Americans are not saving enough for retirement and most won't have enough to maintain their lifestyle, or retire when they want. Mr. Eschtruth explained the reasons behind the problem and what the average consumer can do to better prepare for retirement. He also outlined changes needed in the 401k system that could help avert a crisis.

Issues covered:

Length: 10:54

Retirement

Government Policies

Personal Finance

Ellen Peters, PhD, Professor of Psychology and Director of the Behavioral Decision Making Initiative at Ohio State University

Dr. Peters led a study that examined how people perceived their math abilities, then compared it to their actual skills. About 20% who say they are bad at math in fact score in the top half of those taking an objective test. But a third of people who say they are good at math actually score in the bottom half. She explained why it is important for parents to encourage their children's enjoyment of math.

Issues covered:

Length: 6:27

Education

Personal Finance

Les Bernal, Executive Director of Stop Predatory Gambling

Americans in dozens of states can now buy lottery tickets in a growing number of ways. Mr. Bernal talked about the increasingly aggressive ways that governments are marketing new lottery products, and how the targets are typically lower income citizens. He believes that governments have created a mindset that discourages saving and personal responsibility and promotes state-sponsored wagering.

Issues covered:

Length: 5:07

Gambling Addiction

Government Policies

Show # 2017-10

Date aired: 03/05/2017 Time Aired: 5:00 AM

Jamie E. Wright, attorney, partner in the Los Angeles-based Millennial Government Affairs group

African Americans make up fewer than five percent of the lawyers in the U.S., and minorities and women are underrepresented in many career categories. Ms. Wright shared her story as an African American woman who broke through the barriers to become a successful millennial attorney. She offered suggestions for women and people of color who want to reach for their dreams.

Issues covered:

Length: 8:30

Minority Concerns

Women's Issues

Career

Laura Adams, Senior Insurance Analyst at insuranceQuotes.com

A recent study by Ms. Adams' organization found that more than half of U.S. drivers have not switched auto insurance companies in at least eight years and about 6% have stuck with the same provider for more than 30 years cases. She said most consumers don't price-compare frequently enough and she offered several money-saving strategies.

Issues covered:
Consumer Matters
Personal Finance

Length: 8:44

Samira K. 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: 4:50

Show # 2017-11

Date aired: 03/12/2017 Time Aired: 5:00 AM

Robert Meyer, PhD, Frederick H. Ecker/MetLife Insurance Professor of Marketing at the Wharton School of the University of Pennsylvania, Co-Director of the Wharton Risk Management and Decision Processes Center, co-author of "*The Ostrich Paradox: Why We Underprepare for Disasters*"

Our ability to predict certain types of natural catastrophes has never been greater. Yet, people consistently fail to heed warnings and protect themselves and their communities, with devastating consequences. Dr. Meyer discussed what government authorities and individuals can do to prepare.

Issues covered:
Disaster Preparedness
Government Policies

Length: 9:39

Daniel Karpowitz, PhD, Director of Policy and Academics for the Bard Prison Initiative, Lecturer in Law and the Humanities at Bard College in Annandale-on-Hudson, NY, Co-founder of the Consortium for the Liberal Arts in Prison, author of "*College in Prison: Reading in an Age of Mass Incarceration*"

Prof. Karpowitz explained how and why Bard College has provided hundreds of convicts across the country access to a high-quality liberal arts education. He said inmate students are expected to meet the same requirements as students on a traditional campus. He said that although education reduces the rate at which convicts return to prison, higher education should never be measured in that manner.

Issues covered:
Education
Criminal Rehabilitation

Length: 7:37

Kendrin Sonnevile, ScD, RD, LDN, Research Scientist, Clinical Nutrition Specialist at Children's Hospital, Boston

Dr. Sonnevile conducted a study that found that teenage girl athletes with the highest levels of vitamin D in their diets were half as likely to suffer a stress fracture. She said vitamin D deficiencies in teen girls are common. She explained which activities are most commonly associated with stress fractures and recommended ways to get enough vitamin D.

Issues covered:
Personal Health
Women's Issues

Length: 5:03

Show # 2017-12

Date aired: 03/19/2017 Time Aired: 5:00 AM

David C. Berliner, PhD, education expert, author, Regents' Professor of Education Emeritus at Arizona State University

Dr. Berliner disputed the idea that the nation's public schools are failing. He said family wealth and income is the greatest predictor of a student's performance and that many schools perform well. He noted that children attending public schools that serve the wealthy in the U.S. are competitive with any nation in the world. He offered suggestions for how schools, policymakers and parents can help low-income students.

Issues covered:
Education
Poverty
Parenting

Length: 8:54

Adam Alter, PhD, Associate Professor of Marketing at New York University's Stern School of Business, author of "*Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked*"

Prof. Alter called this the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. He said Americans spend an average of three hours each day using smartphones, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. He explained why so many of today's products are irresistible and how consumers can set boundaries between work and play, and mitigate the dark side of technology.

Issues covered:
Mental Health
Consumer Matters

Length: 8:13

Richard Ponziani, traffic safety researcher, President of RLP Engineering of Dayton, OH

Mr. Ponziani recently conducted a study that found that drivers fail to use turn signals nearly half the time when making a lane change and 25% of the time when turning. He said the failure to use turn signals results in as many as 2 million traffic accidents each year. He explained some possible solutions to the problem.

Issues covered:
Traffic Safety
Consumer Matters

Length: 4:59

Show # 2017-13

Date aired: 03/26/2017 Time Aired: 5:00 AM

Kevin Davis, journalist, author of "*The Brain Defense: Murder in Manhattan and the Dawn of Neuroscience in America's Courtrooms*"

In the past 25 years, neuroscience has become a prominent factor in many court cases. Defense attorneys are successfully arguing that a defendant may not be responsible for a crime or should receive a lesser punishment because of brain abnormalities or injuries. Mr. Davis discussed how this is changing how judges and juries define responsibility and assign punishment.

Issues covered:
Criminal Justice
Mental Health

Length: 7:22

Richard Horowitz, MD, Lyme disease expert, founder of the Hudson Valley Healing Arts Center in Hyde Park, NY, author of "*How Can I Get Better?: An Action Plan For Treating Resistant Lyme And Chronic Disease*"

Dr. Horowitz said victims of Lyme disease are often misdiagnosed with other illnesses such as chronic fatigue syndrome, fibromyalgia, multiple sclerosis, or rheumatoid arthritis. He added that the number of Lyme cases is growing at an alarming rate each year, reaching epidemic proportions. He explained how to identify symptoms and work with a qualified specialist for the best possible treatment outcome.

Issues covered:
Lyme disease
Personal Health

Length: 9:55

Robert Hyldahl, PhD, Assistant Professor of Exercise Sciences, Brigham Young University

Dr. Hyldahl co-authored a study that found that running appears to reduce inflammation in the knee joint—not increase it, as commonly believed. He said his research suggests that running may actually protect knees during the aging process, and safeguard against degenerative diseases like osteoarthritis.

Issues covered:
Personal Health
Aging

Length: 5:01



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ISSUES AND PROGRAMS
FOR THE PERIOD

April 2nd, 2017 thru June 25th, 2017

As compiled by: *Justin McLuckie*

Program Director

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Call Letters: **KTOP**

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2017

Show # 2017-14

Date aired: 04/02/2017 Time Aired: 5:00 AM

Henry A. Spiller, MS, D.ABAT., Director of the Central Ohio Poison Center at Nationwide Children's Hospital in Columbus, OH

Each day in the United States, Poison Control Centers receive an average of 32 calls about children exposed to prescription opioids. Dr. Spiller explained what child is most at risk, how adults can prevent children and adolescents from gaining access to these drugs, and how to properly dispose of unused prescriptions.

Issues covered:
Poisoning Prevention
Drug Abuse

Length: 8:22

Mark K. Claypool, founder and Chief Executive Officer of ChanceLight Behavioral Health, Therapy and Education, a provider of therapy and special education programs, author of "*How Autism is Reshaping Special Education: The Unbundling of IDEA*"

Autism diagnoses have skyrocketed in recent years. Mr. Claypool discussed some of the underlying reasons for the increase. He also explained why it is important for children with autism to receive special intervention at an early age. He said support systems for parents have improved dramatically in recent years.

Issues covered:
Autism
Government Policies
Education

Length: 8:56

Susanna Janssen, language expert, newspaper columnist and the author of "*Wordstruck!: The Fun and Fascination of Language*"

Roughly 20% of American citizens are fluent in a second language. Ms. Janssen talked about the less obvious benefits of learning a second language, including enhanced abilities in focus and concentration, memory, interpersonal skills and problem-solving. She also noted that several recent studies have suggested that bilingualism may be a buffer against the development of Alzheimer's disease. She said bilinguals earn on average about 20% more than those who speak a single language.

Issues covered:
Bilingualism
Career
Mental Health

Length: 5:00

Show # 2017-15

Date aired: 04/09/2017 Time Aired: 5:00 AM

Sheryl Ryan, M.D., FAAP, Professor of Pediatrics at the Yale University School of Medicine, Chair of the American Academy of Pediatrics' National Committee on Substance Abuse

29 states and Washington, D.C. now allow the use of marijuana for medical purposes, recreational use or both. Dr. Ryan was one of the authors of a report titled "Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana," which outlines why a relaxed attitude about the drug is dangerous and how parents should address the topic. She said marijuana is an addictive drug that can cause abnormal changes as teens' brains develop.

Issues covered:

Length: 9:48

**Drug Abuse
Parenting
Government Policies**

James Noble, MD, MS, Assistant Professor of Neurology at Columbia University Medical Center in New York City

Dr. Noble was the co-author of a recent study that found that female athletes appear to be significantly more likely than men to suffer concussions. He noted that once concussions occur, men and women experience them in very similar ways. He also discussed why most media attention on concussions seems to focus on men, despite the greater risk to women.

Issues covered:

Length: 7:27

**Concussions
Personal Health
Women**

Heather Schafer, CEO for the National Volunteer Fire Council

Ms. Schafer said volunteers make up 80% of all fire services across the United States. She said the call volume in recent years has tripled, but volunteer fire departments are struggling to find younger recruits. She said younger people have less spare time to volunteer than previous generations. She outlined the many benefits of volunteering.

Issues covered:

Length: 4:53

**Volunteerism
Fire Safety
Disaster Preparedness**

Show # 2017-16

Date aired: 04/16/2017 Time Aired: 5:00 AM

David Rabiner, PhD, Senior Research Scientist in the Department of Psychology & Neuroscience at Duke University

The use of "study drugs"-- prescription medications used illegally by college students improve their academic performance--is on the rise. Dr. Rabiner said the drugs of choice are those typically used to treat ADHD. He discussed the question of whether the practice is a form of academic cheating. He added that students who use these medications without a prescription typically have higher rates of drug and alcohol abuse, perform worse academically and are more stressed out about their grades.

Issues covered:
Substance Abuse
Education

Length: 8:09

Michael Thompson, Director of the Council of State Governments Justice Center

Mr. Thompson's organization conducted a study that examined whether juveniles who commit crimes fare better if they are sentenced to community-based supervision or state-run incarceration. The study found that youth who are locked up in state-run facilities are 21 percent more likely to be rearrested than those who remain under supervision closer to home. He said that community supervision programs are also far less expensive for taxpayers than state-secure facilities.

Issues covered:
Youth at Risk
Crime
Government Policies

Length: 8:55

Doug Goodman, PhD, MPA Director, Associate Professor of Public Affairs in the School of Economic, Political, and Policy Sciences at The University of Texas at Dallas

Dr. Goodman co-authored a study that found that family-friendly employment policies tend to increase productivity of employees in public organizations. He said it appears that these policies reduce stress, and increase job satisfaction and employee loyalty.

Issues covered:
Workplace Matters
Parenting

Length: 5:01

Show # 2017-17

Date aired: 04/23/2017 Time Aired: 5:00 AM

Ric Edelman, Chairman/CEO of Edelman Financial Services, LLC, author of "*The Truth About Your Future: The Money Guide You Need Now, Later, and Much Later*"

Technology and science are evolving at a blistering pace. Mr. Edelman said the traditional paradigms of how Americans live, learn, and invest are shifting under our feet. He explained how smart investors can adapt and profit from today's changing environment. He offered advice for parents who want to guide their children into careers that will thrive in the future. He said within a few years technological advances will solve many of today's environmental concerns and humans will live dramatically longer lives.

Issues covered:
Personal Finance
Parenting
Environment

Length: 8:35

Susan Peirce Thompson, PhD, food addiction and weight loss expert, author of "*Bright Line Eating: The Science of Living Happy, Thin & Free*"

Dr. Thompson discussed food addiction and the role it often plays in weight loss efforts. She explained why fewer than .01% of dieters are able to reach their goal weight and maintain it long term. She offered several suggestions for those trying to lose weight. She also recommended that those who are losing weight should take a break from working out.

Issues covered:
Food Addiction
Personal Health

Length: 8:40

Steve G. Jones EdD, clinical hypnotherapist, President of the American Alliance of Hypnotists, author of 22 books on hypnotherapy

Dr. Jones discussed the most common misconceptions about clinical hypnotherapy. He outlined the problems that hypnotherapy can solve, and he explained why self-hypnosis may be useful. He said everyone can be hypnotized, although some are more suggestible than others.

Issues covered:
Hypnosis
Mental Health

Length: 4:54

Show # 2017-18

Date aired: 04/30/2017 Time Aired: 5:00 AM

Richard Watts, personal advisor and legal counsel to the super wealthy, author of *"Entitlement: How Not to Spoil Your Kids, and What to Do if You Have"*

Mr. Watts said well-intentioned parents are creating a "me" generation of children who lack the wisdom and satisfaction of accomplishment that can only be learned through struggle and adversity. He offered examples of parental decisions that create a sense of entitlement in children in families of all income levels. He also outlined simple ways for parents to be a good example for children.

Issues covered:
Parenting
Education

Length: 9:53

Matt Schulz, Senior Industry Analyst at CreditCards.com

It pays for consumers to reach out to a credit card provider when faced with unwanted fees and high interest rates. Mr. Schulz said 87% of credit cardholders who asked for a late fee waiver were successful and 69% who requested a lower interest rate received one. His organization's study found that only about half of consumers have made any request at all for credit card leniency.

Issues covered:
Personal Finance

Length: 7:22

Dana King, MD, MS, Professor and Chair of the Department of Family Medicine at the West Virginia University School of Medicine

Dr. King led a study that examined whether retired, late middle-aged adults led a healthier lifestyle than those who were still in the workforce. He found that the spare time found in retirement did not translate to healthier lifestyle choices. He said that 90% of Americans of any age are not making healthy choices. He explained discussed the possible reasons why.

Issues covered:
Senior Citizens
Personal Health
Retirement Planning

Length: 4:38

Show # 2017-19

Date aired: 05/07/2017 Time Aired: 5:00 AM

Robert T. Kiyosaki, investor, entrepreneur, author of *"Rich Dad Poor Dad: What The Rich Teach Their Kids About Money That the Poor and Middle Class Do Not"*

Mr. Kiyosaki discussed the difference in how wealthy people view and use money, compared to middle and lower income Americans. He said it is not necessary to earn a high income to become rich. He explained why he thinks it is such a problem that few students receive any financial education in school. He also discussed the best job categories for young people who are ready to choose a career.

Issues covered:
Personal Finance
Parenting
Education

Length: 10:03

Thomas Beckman, MD, Fellow in Advanced General Internal Medicine at the Mayo Clinic

Many patients seek a second opinion before treatment for a complex medical condition. Dr. Beckman led a study at Mayo that found that only 12 percent of second opinions confirm that the original diagnosis was complete and correct. He explained what illnesses should merit the pursuit of a second opinion.

Issues covered:
Personal Health

Length: 7:03

Dennis C. Miller, businessman, former CEO of a New Jersey hospital, author of *"Moppin' Floors to CEO"*

Mentors often make a huge difference in a young person's career. Mr. Miller explained why older generations may be key to enhancing the career prospects of Millennials. He offered ideas for how to locate a mentor. He also explained why volunteering may be a wise career move for older members of the workforce.

Issues covered:
Career
Senior Citizens
Volunteering

Length: 4:40

Show # 2017-20

Date aired: 05/14/2017 Time Aired: 5:00 AM

Gwendolen Wilder, domestic violence survivor, author of *"It's Ok To Tell My Story!: Surviving Common Law Domestic Violence"*

Ms. Wilder shared her story of years of domestic violence and her eventual escape. She talked about the hurdles that prevent women from leaving abusive relationships. She discussed the sources of help and support available to victims, and offered advice for how to take the difficult step of leaving.

Issues covered:
Domestic Violence
Women's Issues

Length: 9:15

Pamela Wisniewski, PhD, Assistant Professor of Computer Science at the University of Central Florida

Dr. Wisniewski led a study at Penn State that found that teens rarely talk to their parents about potentially risky online experiences. She said that parents and children often have much different perceptions of and reactions to the same online events, such as cyberbullying, sexual exchanges and viewing inappropriate content online.

Issues covered:

Length: 7:58

**Youth at Risk
Parenting
Online Security**

Richard M. Gersberg, PhD, Professor and Head of the Division of Environmental Health in the Graduate School of Public Health

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 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: 4:57

**Pollution
Environmental Issues**

Show # 2017-21

Date aired: 05/21/2017 Time Aired: 5:00 AM

Irwin Redlener, PhD, Director of Columbia University's National Center for Disaster Preparedness

Dr. Redlener said that a limited nuclear attack can be survivable. He said sheltering in place is the best way to avoid the radiation that would follow a nuclear detonation. He outlined emergency supplies that every household should have on hand, and he discussed the reasons that public officials are reluctant to discuss the topic.

Issues covered:

Length: 8:41

Disaster Preparedness

Olympia LePoint, mathematician, rocket scientist, author of "*Mathaphobia: How You Can Overcome Your Math Fears and Become a Rocket Scientist*"

Ms. LePoint was a professional rocket scientist for NASA programs from 1998 to 2007, and was involved in 28 successful shuttle launches. She discussed the shortage of females in STEM (Science, Technology, Engineering & Math) careers and why it is important to encourage young women to enter these fields.

Issues covered:

Length: 8:36

**Women's Issues
Education
Career**

David M. Neyens, PhD, Assistant Professor in the Department of Industrial Engineering at Clemson University

In a future filled with self-driving cars, how quickly will human drivers be able to regain control in the event of a system failure or sudden emergency? Dr. Neyens led a study that found that driver reaction times were poor. He said car designers will need to find ways to give drivers much earlier warnings. He added that driver education programs will also need to change significantly, once driverless cars hit the mass market

Issues covered:
Automotive Safety
Driver Education

Length: 5:08

Show # 2017-22

Date aired: 05/28/2017 Time Aired: 5:00 AM

Mark Underwood, PhD, neuroscience researcher, expert on brain aging and cognitive function, President and co-founder of Wisconsin-based biotech company Quincy Bioscience

Dr. Underwood said most people start to experience mild memory loss by age 40. He explained the relationship of early memory problems to advanced forms of dementia as people enter their 70s and 80s. He outlined basic steps to take to keep the brain active, which may prevent or slow cognitive decline as a person ages.

Issues covered:
Personal Health
Alzheimer's Disease
Senior Citizens

Length: 8:01

Patty Osterberg, Education & Outreach Director of Sustainable Electronics Recycling International, an organization that sets standards for responsible electronics recycling

Ms. Osterberg discussed the most responsible ways to recycle unused mobile phones and other electronic gadgets. Her organization certifies recyclers with the R2 standard, which verifies that recycling companies perform their services in a responsible and ethical manner. She talked about the environmental impact of throwing a phone in the trash.

Issues covered:
Recycling
Environment
Consumer Matters

Length: 8:59

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 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

Show # 2017-23

Date aired: 06/04/2017 Time Aired: 5:00 AM

Gregory Plemmons, PhD, Associate Professor of Pediatrics at Monroe Carell Jr. Children's Hospital at Vanderbilt University

Dr. Plemmons led a study that found the percentage of younger children and teens hospitalized for suicidal thoughts or actions in the United States has doubled over the past decade. He talked about the possible reasons for such a steep increase, what ages are at the greatest risk, and how parents can recognize signs of suicidal thoughts in their children.

Issues covered:

**Teen Suicide
Parenting**

Length: 7:46

Jeff Stalnaker, President and Co-Founder of First Orion, a provider of data and phone call transparency solutions

Mr. Stalnaker's company commissioned a survey that found that Millennials are more likely than any other generation to give away personal information to scammers over the phone. He said nearly 40 percent of those surveyed have been contacted by someone impersonating the IRS. He talked about other current scams, and offered advice on how to avoid falling prey to scammers.

Issues covered:

**Consumer Matters
Crime**

Length: 9:17

Kara Lusk-Dudley, Public Affairs Manager, Biomedical Communications, American Red Cross

Summertime is one of the most challenging times of the year for blood donations. Ms. Lusk-Dudley explained why, and outlined the process that a new blood donor can expect. She explained how to locate a donation center or blood drive nearby. She noted that the Red Cross is also in greater need of organizations to host blood drives during the summer months.

Issues covered:

**Blood Donation
Personal Health**

Length: 5:10

Show # 2017-24

Date aired: 06/11/2017 Time Aired: 5:00 AM

Elizabeth Rosenthal, MD, former reporter and senior writer at The New York Times, Editor in Chief of Kaiser Health News, former ER physician, author of "*An American Sickness: How Healthcare Became Big Business and How You Can Take It Back*"

Dr. Rosenthal discussed the rapidly rising costs of healthcare in the past few decades and the reasons behind them. She gave examples of some of the more egregious differences in healthcare costs in the US, compared to other countries. She explained how healthcare consumers can learn to negotiate with hospitals and doctors.

Issues covered:

**Personal Health
Consumer Matters**

Length: 8:39

Jodie Plumert, PhD, Professor in the Department of Psychological and Brain Sciences at the University of Iowa

For adults, crossing the street by foot seems easy. Yet it is anything but simple for a child. Dr. Plumert led a study that found that perceptual judgment and motor skills are not fully developed in most kids until age 14. She explained what parents can do to help children learn these life and death skills as early as possible.

Issues covered:

Length: 8:27

**Traffic Safety
Parenting
Children's Issues**

Adriana Zuniga-Teran, architect, postdoctoral research associate in the University of Arizona's Udall Center for Studies in Public Policy.

Ms. Zuniga-Teran conducted a study that examined how the design of a neighborhood can affect health and wellness. She found that those who live in traditional neighborhoods do the most walking, while those who live in suburban developments report the highest levels of mental well-being.

Issues covered:

Length: 5:02

**Mental Health
Personal Health
Community Issues**

Show # 2017-25

Date aired: 06/18/2017 Time Aired: 5:00 AM

Sally Erny, National Stakeholder Engagement Officer of the National Court Appointed Special Advocate Association

Ms. Erny explained how court-appointed special advocates (CASAs) look out for the interests of abused or neglected children. She discussed how CASA volunteers work with attorneys and other court officers to ensure the youngsters are in safe and healthy foster care, and eventually, permanent homes. She also outlined the training that these volunteers receive, and how someone can volunteer.

Issues covered:

Length: 8:26

**Child Abuse
Foster Care
Volunteerism**

Clint Emerson, retired Navy Seal, author of "*100 Deadly Skills: Survival Edition: The SEAL Operative's Guide to Surviving in the Wild and Being Prepared for Any Disaster*"

Mr. Emerson offered numerous tips on how to crime-proof a house and how to avoid becoming a victim of crime in other environments, as well. He explained the importance of being aware of your environment, in order to react to dangerous situations or avoid them in the first place. He also talked about the options available to people caught in active shooter incidents or terrorist attacks.

Issues covered:

Length: 8:46

**Crime Prevention
Terrorism**

Tracy Mehan, Manager of Translational Research for the Center for Injury Research and Policy at the Research Institute at Nationwide Children's Hospital in Columbus, Ohio

On an average day in the US, 13 children receive emergency treatment for a lawn mower-related injury. Ms. Mehan talked about the most common injuries and how they typically vary, depending on the age of the child. She offered suggestions for parents on how to prevent lawn mower-related injuries.

Issues covered:

Length: 5:02

Child Safety
Product Safety
Parenting

Show # 2017-26

Date aired: 06/25/2017 Time Aired: 5:00 AM

Catherine Collinson, President of the Transamerica Center for Retirement Studies, a non-profit private foundation

Ms. Collinson talked about the option of "phased retirement," in which an employee begins to gradually put in shorter work weeks. She said the strategy permits workers to test out retirement to see if they enjoy it and can afford it, and allows them to avoid tapping into Social Security or savings until truly necessary. She said many employers welcome it, because it allows the senior employee to mentor younger colleagues and the organization to retain institutional knowledge.

Issues covered:

Length: 8:42

Retirement
Career

Brian Wansink, PhD, behavior economist, food psychologist, John Dyson Professor of Consumer Behavior at Cornell University, Director of the Cornell Food and Brand Lab, author of "*Slim By Design, Mindless Eating Solutions for Everyday Life*"

Dr. Wansink discussed his research at Cornell, which examines how and why we make choices about the food we eat. He said the way a kitchen or other living environment is set up can encourage weight loss naturally. He outlined innovative but inexpensive steps restaurants, grocery stores and school cafeterias can make to encourage healthier dining choices.

Issues covered:

Length: 8:34

Health and Nutrition
Consumer Matters

Cami Walker, author of "*29 Gifts: How a Month of Giving Can Change Your Life*"

At age thirty-five, Ms. Walker was diagnosed with multiple sclerosis. As she battled depression about her illness, she received an uncommon prescription from an African medicine woman: Give to others for 29 days. She shared her story of finding small ways to help others, and how it made a dramatic difference in her own health and happiness.

Issues covered:

Length: 4:24

Charitable Contributions
Volunteerism
Mental Health

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CUMULUS
THE POWER OF RADIO

KTOP
ISSUES AND PROGRAMS
FOR THE PERIOD

July 1st, 2017 thru Sept 30th, 2017

As compiled by: *Justin McLuckie*

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**

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2017

Show # 2017-27

Date aired: **07/02/2017** Time Aired: **5:00 AM**

Tony Robbins, motivational speaker, author of "*Money, Master the Game: 7 Simple Steps to Financial Freedom*"

Mr. Robbins picked the brains of more than 50 of the world's most successful investors and money managers, and found dramatically different philosophies. He discussed lessons that anyone can use to improve their personal finances. He also talked about his efforts to feed the hungry and his personal reasons for being concerned about poverty and hunger in America.

Issues covered:

Length: 8:23

Personal Finance
Consumer Matters

Andrew Sperling, Director of Federal Advocacy, National Alliance on Mental Illness

Mr. Sperling discussed the cost of mental health treatment, and the options available to make treatment more affordable. He explained how the Affordable Care Act has affected mental health and substance abuse services. He outlined the most common forms of assistance provided to employees by larger employers. He also talked about the most common forms of mental illness.

Issues covered:

Length: 8:42

Mental Health
Substance Abuse
Consumer Matters

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:

Length: 4:55

Traffic Safety
Personal Health

Show # 2017-28

Date aired: 07/09/2017 Time Aired: 5:00 AM

Clifford Bassett, M.D., FACAAl, FAAAAI, Founder and Medical Director of Allergy and Asthma Care of New York, author of "*The New Allergy Solution: Supercharge Resistance, Slash Medication, Stop Suffering*"

Allergies are on the rise. Dr. Bassett explained why the problem and its underlying causes are quite complex. He believes in many cases, allergic reactions can be prevented, with proper medical advice that examines the interplay of diet, mindset, and environment.

Issues covered:
Personal Health

Length: 7:28

Cornelius N. Grove, Ed.D., education expert, author of "*The Drive to Learn: What the East Asian Experience Tells Us about Raising Students Who Excel*"

American students are currently ranked #25 in education globally, significantly behind countries such as Singapore, China and Japan. He believes that American children are less receptive to classroom learning, compared to East Asian children. He said a different approach to parenting is a major factor.

Issues covered:
Education
Parenting

Length: 9:51

Laurence J. Kotlikoff, PhD, William Fairfield Warren Distinguished Professor, Professor of Economics at Boston University, President of Economic Security Planning, Inc, author/co-author of 16 books on retirement planning, economics and personal finance

Dr. Kotlikoff has developed the first retirement planning software built by economists. He explained how the "Economist Approach" differs from traditional retirement advice. He said the new approach can help consumers determine the highest level of spending their household can sustain over time, in order to live within their means for the remainder of their lives.

Issues covered:
Retirement Planning
Senior Citizens

Length: 4:56

Show # 2017-29

Date aired: 07/16/2017 Time Aired: 5:00 AM

Rachael Stickland, Co-Founder and Co-Chair of the Parent Coalition for Student Privacy

Schools and third-party vendors collect and share an astonishing amount of personal data on nearly every student in America. Ms. Stickland explained why parents should be concerned and what they can do about it. She believes laws protecting student privacy need to be strengthened.

Issues covered:
Parenting
Privacy Concerns
Education

Length: 8:56

Vijay R. Varma, PhD, researcher and post-doctoral fellow at the National Institute on Aging, part of the National Institutes of Health

Dr. Varma recently co-authored a study that found an alarming decrease in physical activity in youngsters at every age. 19 year olds now get as much exercise and activity as 60 year olds. Dr. Varma explained why this is a major problem. He offered suggestions of ways to encourage both younger and older Americans to become more physically active.

Issues covered:
Physical Fitness
Personal Health
Aging

Length: 8:02

Jim Hedlund, consultant for the Governors Highway Safety Association, former researcher for 22 years at the National Highway Traffic Safety Administration

Mr. Hedlund conducted a study for the Governors Highway Safety Administration that found that for the first time, more drivers who were tested after fatal crashes had drugs in their system than had alcohol. He discussed the role that the increasing legalization of marijuana may play in this trend. He also explained why laws targeting drivers under the influence of alcohol cannot easily be amended to include drug users.

Issues covered:
Impaired Driving
Substance Abuse
Government Legislation

Length: 5:09

Show # 2017-30

Date aired: 07/23/2017 Time Aired: 5:00 AM

Bill Thornton, PhD, Professor of Psychology, University of Southern Maine

Dr. Thornton led a study that found that the mere presence of a smart phone, even if it is turned off, can make it difficult to perform complex tasks. He explained the likely reasons that a phone can be so distracting. He offered suggestions for parents who are concerned about phone usage affecting their child's schoolwork.

Issues covered:
Mental Health
Consumer Matters

Length: 7:27

Sharon Fowler, MPH, Adjunct Assistant Professor, University of Texas Health Science Center at San Antonio

Ms. Fowler was the co-author of a study that found that diet soda consumption leads to expanding waistlines. She found that older adults who drank two or more diet sodas a day had waist size increases that were six times greater than those of people who didn't drink diet soda. She discussed the possible physiological reasons and offered suggestions for those trying to control calories.

Issues covered:
Personal Health
Senior Citizens
Consumer Matters

Length: 9:43

Regina Leeds, professional organizer, author of "*The 8-Minute Organizer*"

Nearly everyone can use some help in getting organized. Ms. Leeds talked about the reasons that keeping order in our lives and possessions is so difficult. She offered small, step-by-step suggestions on how determine goals to get organized, and how to create positive routines for the long-term.

Issues covered:
Consumer Matters
Mental Health

Length: 5:06

Show # 2017-31

Date aired: 07/30/2017 Time Aired: 5:00 AM

Kevin Carey, PhD, education researcher and writer, Director of the Education Policy Program at the New America Foundation, co-author of "*The End of College: Creating the Future of Learning and the University of Everywhere*"

The cost of college has exploded in recent years, and whole generations are sinking deeper into college debt. Mr. Carey discussed recent innovations in digital learning and why he believes that the current methods of higher education are woefully outdated. He said, more than ever, a college degree is required to secure even a middle class income for those entering the workforce, but he believes universities much be willing to adapt to online learning and other new technologies.

Issues covered:
Education
Government Policies

Length: 8:30

George King, MD, Research Director and Chief Science Officer, Joslin Diabetes Center, Harvard Medical School, author of "*The Diabetes Reset: Avoid It. Control It. Even Reverse It. A Doctor's Scientific Program*"

Dr. King discussed the effect of diabetes on the nation's health. He said it's possible to prevent and even reverse type 2 diabetes, through appropriate lifestyle changes. He outlined the importance of diet, exercise and sleep in the prevention of diabetes.

Issues covered:
Diabetes
Personal Health

Length: 8:38

Christopher Ferguson, PhD, psychology professor in the Department of Behavioral Sciences at Texas A&M International University

Dr. Ferguson led a study into the effects of fast food advertising on children. His research found that while advertising target at children is highly effective, parental influence can lessen the impact of commercials and help young kids make healthier food decisions. He offered advice for parents.

Issues covered:
Children's Health
Nutrition

Length: 4:53

Show # 2017-32

Date aired: 08/06/2017 Time Aired: 5:00 AM

Benjamin H. Barton, Helen and Charles Lockett Distinguished Professor of Law at the University of Tennessee, author of *"Rebooting Justice: More Technology, Fewer Lawyers, and the Future of Law"*

Professor Barton discussed what he sees are longstanding problems in our judicial system. He said that laws are too complex and legal advice is far more expensive than necessary. He outlined a series of reforms which he believes would make the courts much fairer and more accessible for poor and middle-class Americans.

Issues covered:

Length: 8:31

**Legal Reform
Poverty**

Steve Casner, PhD, research psychologist, NASA scientist, author of *"Careful: A User's Guide to Our Injury-Prone Minds"*

Dr. Casner has devoted his career to studying the psychology of safety. He said after a hundred years of steady decline, the rate at which people are being injured or killed in everyday accidents, such as car crashes, pedestrian fatalities, home-improvement projects gone wrong, medical mistakes and home fires, is increasing. He explained why few of us are as careful as we think we are, and what we can do about it.

Issues covered:

Length: 8:36

**Accident Prevention
Personal Health**

Robin Behrstock, entrepreneur, author of *"Adventures Of Women Entrepreneurs: Stories That Inspire"*

Dr. Behrstock shared some inspiring examples of women who overcame both personal and professional setbacks to turn their dreams of starting their own business into reality. She offered advice for aspiring entrepreneurs who are reluctant to take that first step.

Issues covered:

Length: 4:50

**Women's Issues
Career**

Show # 2017-33

Date aired: 08/13/2017 Time Aired: 5:00 AM

Lea Waters, Ph.D., President-Elect of the International Positive Psychology Association, Gerry Higgins Chair in Positive Psychology at the University of Melbourne, Australia, author of *"The Strength Switch: How the New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish"*

Dr. Waters discussed strength-based parenting, which focuses on sincerely praising children's strengths rather than always trying to correct their weaknesses. She said her approach helps children recognize skills, talents and positive aspects of their personalities, and shows them how to make the most of those positive resources. She said the technique differs significantly from the "participation trophy" approach that was common in the past couple of generations of parenting.

Issues covered:

Length: 10:01

Parenting

Octavia H. Zahrt, doctoral candidate in health psychology at the Stanford University Graduate School of Business

Physical inactivity is estimated to account for 1 in 10 deaths worldwide, and 79% of U.S. adults do not meet recommended exercise guidelines. Ms. Zahrt co-authored a study that found that people who think they are less active than others in a similar age bracket die younger than those who believe they are more active – even if their actual activity levels are similar. She talked about the possible reasons behind this finding, and how a person's mindset affects their overall health.

Issues covered:
Physical Fitness
Mental Health

Length: 6:56

Rachel Tolbert Kimbro, PhD, Professor of Sociology at Rice University

Prof. Kimbro co-authored a study that found that, in the wake of the Great Recession, more children than ever are living in low-income neighborhoods. She said white children were the group with the biggest increase. She explained why low-income living conditions are a negative influence on academic performance. She offered suggestions of how educators and legislators should attempt to deal with the issue.

Issues covered:
Poverty
Youth at Risk
Education

Length: 4:43

Show # 2017-34

Date aired: 08/20/2017 Time Aired: 5:00 AM

Scott Sampson, PhD, dinosaur paleontologist, science communicator, Vice President of Research and Collections at the Denver Museum of Nature & Science, host of the PBS Kids' television series, *Dinosaur Train*, author of *How to Raise a Wild Child: The Art and Science of Falling in Love with Nature*

Today's American children spend 4 to 7 minutes a day playing outdoors. Dr. Sampson explained why this disconnect between kids and nature is a problem that should concern parents. He offered tips for parents to help kids fall in love with nature, by enlisting technology as an ally and encouraging outdoor activities like the Boy Scouts and Girls Scouts.

Issues covered:
Parenting
Environment

Length: 10:15

David Ernst, PhD, Chief Information Officer at the University of Minnesota's College of Education and Human Development, creator of the Open Textbook Library

The cost of college textbooks has skyrocketed in recent years, but a new trend of free or low-cost "open source" textbooks is gaining momentum. Dr. Ernst said college students could save an average of \$128 a course if traditional textbooks were replaced with the new electronic versions. He explained why this new generation of textbooks is often of equal academic value compared to traditional printed textbooks.

Issues covered:
Education
Consumer Matters

Length: 6:57

Linda Gordon Howard, attorney, author of "*The Sexual Harassment Handbook*"

Ms. Howard talked about progress in the battle against sexual harassment. She discussed how sexually inappropriate behavior in the workplace has evolved since attention was first focused on it. She believes many situations involving sexual harassment can be prevented or resolved if victims recognize what's happening and know what to do.

Issues covered:
Sexual Harassment
Workplace Matters
Women's Issues

Length: 5:13

Show # 2017-35

Date aired: 08/27/2017 Time Aired: 5:00 AM

Tim Stockwell, Ph.D., Director of the Center for Addictions Research at the University of Victoria, British Columbia

Many people believe that having a glass of wine with dinner -- or moderately drinking any kind of alcohol -- will protect them from heart disease. However, Dr. Stockwell has conducted a series of studies that he believes cast doubt on that thinking. He outlined several issues that many researchers fail to factor into their studies.

Issues covered:
Personal Health
Substance Abuse

Length: 8:04

Justin Knoll, sociology doctoral student at the University of Arizona

With incivility in American public and political discourse increasingly in the spotlight, Mr. Knoll conducted a study that found that people's tolerance to incivility impacts the degree to which they participate in politics, especially online. He noted that people who most engage in online political discussions are five times more likely to vote.

Issues covered:
Civic Participation
Voting

Length: 9:07

Ken Blanchard, management expert and co-author of more than 60 books, including "*The One Minute Manager*" and "*One Minute Mentoring: How to Find and Work With a Mentor--And Why You'll Benefit from Being One*"

Mr. Blanchard explained why it is more critical than ever to seek out a mentor for career advancement. He said older workers can also benefit from seeking out a younger mentor for help with technology. He also talked about the positive aspects of mentoring to both parties. He also offered advice on how to locate a mentor.

Issues covered:
Career
Senior Citizens

Length: 5:04

Show # 2017-36

Date aired: 09/03/2017 Time Aired: 5:00 AM

Bruce Schneier, data security expert, author of "*Data and Goliath: The Hidden Battles to Collect Your Data and Control Your World*"

Americans' personal identity, interests and behavior are being monitored more than ever before. How concerned should we be about the loss of privacy? Mr. Schneier explained what can be done to reform government surveillance programs and shake up surveillance-based business models. He also outlined simple steps that consumers can take to protect their personal privacy.

Issues covered:

Length: 8:42

Privacy

Government Policies

Consumer Matters

Matthew Drayton, motivational speaker, author of "*Succeeding While Black: A Blueprint for Success*"

Many African-American young men find themselves in prison, in gangs, and on the streets without opportunities to succeed. He talked about the importance of mentoring, education and leadership for kids who otherwise face grim futures in the inner cities of America.

Issues covered:

Length: 8:32

Minority Concerns

Youth at Risk

Poverty

Huntington Potter, PhD, Professor, Department of Neurology and Linda Crnic Institute for Down Syndrome, University of Colorado School of Medicine

Dr. Potter explained why Alzheimer's disease is such an expensive disease for the nation's healthcare system. He discussed who may be most likely to develop the disease, whether things like crossword puzzles can really keep the brain healthy, and where current research is headed.

Issues covered:

Length: 6:14

Personal Health

Senior Citizens

Show # 2017-37

Date aired: 09/10/2017 Time Aired: 5:00 AM

Jean Twenge, Ph.D., Professor of Psychology at San Diego State University, author of "*iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us*"

Dr. Twenge discussed the mental health and development of iGen, the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, she said Americans born between 1995 and 2012 spend less time with their friends in person and are experiencing unprecedented levels of anxiety, depression, loneliness, and suicide. She said iGen is growing up more slowly than previous generations, as reflected in delayed experiences with driving, dating, finding a job, drinking, and sex. She offered advice for parents.

Issues covered:

Length: 9:58

Youth at Risk

Mental Health

Parenting

Pam Shadel Fischer, traffic safety expert, Special Projects Consultant for the Governors Highway Safety Administration

Ms. Fischer led a study that found that bicyclist deaths have risen more than 12%, the largest percentage increase of all roadway user groups. She said the average age of those killed is 45, and most are male. She talked about the factors that cause bicycle/car collisions, and what bikers and drivers can do to reduce them.

Issues covered:
Traffic Safety

Length: 7:16

Kenneth S. Rogoff, PhD, Thomas D Cabot Professor of Public Policy in the Economics Department of Harvard University, author of "*The Curse of Cash: How Large-Denomination Bills Aid Crime and Tax Evasion and Constrain Monetary Policy*"

Even as people in advanced economies are using less paper money, there is more cash in circulation—\$4,200 for every American, mostly in \$100 bills. Dr. Rogoff believes the United States should discontinue the use of \$50 and \$100 bills, because they are primarily used as vehicles for tax evasion, the drug trade, terrorism, human trafficking, and other criminal enterprises. He outlined his plan for it phasing out, and said he believes it could cut criminal activity by 5-10%.

Issues covered:
Crime
Government Policies
Consumer Matters

Length: 5:03

Show # 2017-38

Date aired: 09/17/2017 Time Aired: 5:00 AM

Beth Givens, Founder and Executive Director of the Privacy Rights Clearinghouse, a nonprofit consumer education and advocacy organization

In perhaps the most egregious security breach to date, credit files of up to 143 million Americans were recently hacked from the credit reporting agency Equifax. Ms. Given explained the seriousness of the incident, how consumers can learn if their data was included and what steps to take to try to defend against identity theft and other forms of fraud.

Issues covered:
Identity Theft
Consumer Matters
Government Regulation

Length: 7:51

Steve Kardian, former FBI defense tactics instructor, author of "*The New Superpower for Women: Trust Your Intuition, Predict Dangerous Situations, and Defend Yourself from the Unthinkable*"

Each year, a disturbing number of women are victims of a crime or assault. Mr. Kardian explained the steps women should take to become a "hard target" in the eyes of criminals. He explained the importance of a woman following her intuition and being proactive in identifying potential trouble.

Issues covered:
Crime Prevention
Women's Issues
Self Defense

Length: 9:26

Wendy M. Troxel, PhD, Senior Behavioral and Social Scientist at the RAND Corporation, Adjunct Professor of Psychiatry and Psychology at the University of Pittsburgh

Dr. Troxel led a state-by-state analysis of the economic implications of a shift in school start times in the US. She found that a nationwide move to 8.30 a.m. could contribute \$83 billion to the U.S. economy within a decade. She said the economic gains would be realized through higher academic and professional performance of students, and reduced car crash rates among adolescents.

Issues covered:

**Education
Economy
Youth at Risk**

Length: 5:00

Show # 2017-39

Date aired: 09/24/2017 Time Aired: 5:00 AM

Jack Kosakowski, President and CEO, Junior Achievement USA

Mr. Kosakowski discussed a Junior Achievement USA survey that found that 77 percent of parents are concerned about their children's ability to have a successful job or career as adults, in light of global competition and automation. He talked about the rapidly changing career environment, and how Junior Achievement is adapting to today's tech environment to help teenagers.

Issues covered:

**Youth Concerns
Careers
Parenting**

Length: 8:04

Dale Bredezen, MD, NIH Postdoctoral Fellow at the University of California, San Francisco, author of "*The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*"

Dr. Bredezen said his research has determined that Alzheimer's disease is not a single condition, but three similar ones--each with a different cause. He said new research is giving hope that the disease can be prevented and, under certain circumstances, even reversed. He said every American should get a cognitive and genetic test at age 45, to determine their likelihood of developing Alzheimer's.

Issues covered:

**Alzheimer's Disease
Aging**

Length: 9:15

Craig Gunderson, PhD, Soybean Industry Endowed Professor in Agricultural Strategy, Professor in the College of Agricultural, Consumer and Environmental Sciences Department of Agricultural and Consumer Economics at the University of Illinois

Dr. Gunderson led a study that found that 5.4 million people age 60 or older in the U.S., or 8.1 percent, did not have enough food for an active, healthy lifestyle. He explained how food insecurity adversely affects a senior citizen's health, and why many low income seniors fail to take advantage of government programs available to them.

Issues covered:

**Hunger
Poverty
Senior Citizens
Government Programs**

Length: 4:46



CUMULUS
THE POWER OF RADIO

KTOP
ISSUES AND PROGRAMS
FOR THE PERIOD

Oct 1st, 2017 thru Dec 31st, 2017

As compiled by: *Justin McLuckie*

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

Call Letters: **KTOP**

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2017

Show # 2017-40

Date aired: 10/01/2017 Time Aired: 5:00 AM

Roby Greenwald, PhD, Assistant Professor from the School of Public Health, Georgia State University

Traffic pollution research has traditionally been conducted with outdoor roadside sensors. Dr. Greenwald led a study with sensors mounted inside the passenger compartments of cars, and found that interior pollution levels were twice as high as previously thought. He talked about the various forms of pollution he found and their potential health effects.

Issues covered:

Length: 8:54

**Pollution
Personal Health**

Rebekah H. Nagler, PhD, Assistant Professor in the Hubbard School of Journalism & Mass Communication, University of Minnesota

Dr. Nagler led a study that found that most American women aren't aware of the risks of over diagnosis and overtreatment in regards to breast cancer screening. She discussed the challenges of educating women about these risks so they can make informed decisions about mammograms and breast cancer screening.

Issues covered:

Length: 8:18

**Cancer
Women's Issues**

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:

Length: 4:50

**Consumer Matters
Gender Discrimination
Women's Issues**

Show # 2017-41

Date aired: 10/08/2017 Time Aired: 5:00 AM

Suzanne Bouffard, PhD, expert in child development and education, author of "*The Most Important Year: Pre-Kindergarten and the Future of Our Children*"

Dr. Bouffard discussed the critical importance of pre-school programs. She noted that children who attend quality pre-K programs have a host of positive outcomes including better language, literacy, problem-solving and math skills later in school. She said also they have a leg up on the most essential skill: self-control. She offered advice for parents on how to choose a quality pre-school.

Issues covered:

Length: 8:41

**Education
Parenting**

Robert Stern, Ph.D., Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, Director of the Clinical Core of the Boston University Alzheimer's Disease Center, Director of Clinical Research for the Boston University Chronic Traumatic Encephalopathy (CTE) Center

Dr. Stern led a study that found that athletes who began playing tackle football before the age of 12 had more behavioral and cognitive problems later in life than those who started playing after they turned 12. He outlined the symptoms of CTE, and discussed the factors that parents should consider before allowing their child to participate in contact sports.

Issues covered:

Length: 8:32

**Youth at Risk
Personal Health
Parenting**

Julia Leonard, graduate student in Brain and Cognitive Sciences at the Massachusetts Institute of Technology

Ms. Leonard was the first author of a study that found that when 1 year olds observe an adult persisting at a challenging task, they themselves try harder when faced with a problem. She explained why developing perseverance in early childhood pays off later in school and other pursuits.

Issues covered:

Length: 5:02

**Child Development
Parenting**

Show # 2017-42

Date aired: 10/15/2017 Time Aired: 5:00 AM

Michael Schmidt, Vice Chair of Cozen O'Connor's Labor & Employment Department in New York, publisher and editor of a blog devoted to the interplay between social media and employment law

Social media blunders can cost people their jobs. Mr. Schmidt talked about 1st Amendment rights in the workplace. He explained how to decide if a social media posting may be permissible. He said it's important for employers to formulate clear rules and policies regarding social media, to protect the interests of the company while not infringing on the rights of the employee.

Issues covered:

Length: 7:39

**1st Amendment
Employment**

Daniel Leffler, MD, Director of Clinical Research at the Celiac Center at Beth Israel Deaconess Medical Center in Boston

Gluten-free diets are popular today, but how many people should be concerned? Dr. Leffler discussed gluten sensitivity and its close cousin, Celiac disease. He said there is no benefit if a healthy person avoids gluten and, in fact, gluten free-diets may cause nutritional deficiencies. He outlined the symptoms of gluten sensitivity and explained how it can be diagnosed and treated.

Issues covered:
Personal Health

Length: 9:20

Eric Finkelstein, PhD, health economist, co-author of "*The Fattening of America*"

Over two-thirds of Americans are overweight or obese. Dr. Finkelstein believes that America's growing waistline is a by-product of our long-term economic and technological success. He said that business and policy makers need to devise strategies to make it cheaper and easier to be thin.

Issues covered:
Personal Health
Government Policies

Length: 5:00

Show # 2017-43

Date aired: 10/22/2017 Time Aired: 5:00 AM

Elliott Haut, MD, FACS, Associate Professor of Surgery and Anesthesiology & Critical Care Medicine, Johns Hopkins University School of Medicine

Dr. Haut led a study that found that victims of gunshots or stabbings taken to a trauma center by private vehicle were 62% less likely to die compared to victims transported by an ambulance or EMS vehicle. He talked about the possible reasons behind this finding. He also explained why it is so important for the average person to be taught how to use direct pressure to stop bleeding.

Issues covered:
Emergency Preparedness
First Aid
Personal Health

Length: 9:00

Vicki Bogan, PhD, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University, founder and director of the Institute for Behavioral and Household Finance

Mental health problems can have a large negative effect on retirement savings, according to Dr. Bogan's research. She discussed her study, which found that people with anxiety and depression are nearly 25 percent less likely to have a retirement savings account, and their savings are dramatically smaller than those without psychological distress.

Issues covered:
Mental Health
Retirement Planning

Length: 8:08

May McCarthy, serial entrepreneur, author of "*The Path to Wealth: Seven Spiritual Steps to Financial Abundance*"

Ms. McCarthy talked about the biggest surprises encountered by people who start their own business. She described the characteristics of successful entrepreneurs, and why owning a business can be very rewarding.

Issues covered:
Entrepreneurism
Career

Length: 4:51

Show # 2017-44

Date aired: 10/29/2017 **Time Aired:** 5:00 AM

Abby Eisenkraft, tax and financial expert, author of "*101 Ways to Stay Off the IRS Radar*"

In all the discussions about the Equifax data breach, here's one danger many Americans probably haven't heard about yet: tax fraud. For years to come, thieves may be able to use data from the breach to file fraudulent tax returns and steal refunds. Ms. Eisenkraft outlined the warning signs and explained what consumers can do to protect themselves.

Issues covered:
Tax Fraud
Identity Theft

Length: 7:58

Gita Johar, PhD, Meyer Feldberg Professor of Business, Columbia Business School

Fake news is common on social media sites. Dr. Johar led a study that found that the comfort of being part of a group on social media seemed to influence people's willingness to verify information. She offered theories on why social media users fact-checked fewer statements when they perceived that others were present. She offered suggestions of how Americans can try to stay informed but still recognize dubious information.

Issues covered:
Media Issues

Length: 9:12

Dr. Christopher M. Smith, PhD Student in Health Sciences, Warwick Medical School, Coventry, England

Automated external defibrillators might be increasingly available for use in the event of a cardiac arrest, but Dr. Smith led a study that found that they aren't being used nearly as much as they should be. He talked about the reasons that bystanders are reluctant to use AEDs and what government officials can do to help.

Issues covered:
First Aid
Emergency Preparedness
Personal Health

Length: 5:05

Show # 2017-45

Date aired: 11/05/2017 Time Aired: 5:00 AM

Tim Larkin, self defense expert, author of "*When Violence Is the Answer: Learning How to Do What It Takes When Your Life Is at Stake*"

Mr. Larkin discussed the use of violence in self-defensive situations. He discussed ways to prevent, prepare for, and survive violent encounters with criminals. He said that violence is a tool equally effective in the hands of the "bad guy" or the "good guy" and that that the person who acts first, fastest and with the full force of their body is the one who typically survives a violent incident.

Issues covered:

Length: 9:21

**Personal Defense
Crime**

Gail Heyman, PhD, Professor of Psychology, University of California, San Diego

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

Issues covered:

Length: 7:50

**Racial Bias
Diversity**

Doug Abrams, author of "*The Book of Joy Journal*"

Mr. Abrams discussed a conversation he moderated between Archbishop Desmond Tutu and His Holiness the Dalai Lama, on the topic of joy. He explained how these two men have intentionally found joy in their lives, despite the hardships they have faced and the many atrocities they have witnessed.

Issues covered:

Length: 4:54

Mental Health

Show # 2017-46

Date aired: 11/12/2017 Time Aired: 5:00 AM

Scott Galloway, PhD, Professor of Marketing in the Stern School of Business, New York University, author of "*The Four: The Hidden DNA of Amazon, Apple, Facebook, and Google*"

Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Dr. Galloway discussed the concerns in allowing individual companies to have such dominance over American consumers and whether these companies are playing by the rules applied to other businesses.

Issues covered:

Length: 8:56

**Government Regulations
Consumer Matters
Economy**

Katreena Scott, PhD, Associate Professor in the Department of Applied Psychology and Human Development, University of Toronto

Dr. Scott led a study that examined how the workplace is affected by an employee who is involved in domestic violence. She said not only does it result in lowered productivity, but a third of the men reported that they used workplace time and resources to continue to engage in emotionally abusive behavior. She explained how employers can assist employees who have domestic violence issues.

Issues covered:
Domestic Violence
Workplace Matters
Mental Health

Length: 8:17

Lawrence J. Cheskin, M.D., F.A.C.P., Associate Professor of Health, Behavior & Society, Johns Hopkins University School of Medicine

Almost 40 percent of American adults and nearly 20 percent of adolescents are obese. Dr. Cheskin led a study that examined the financial costs of being overweight at various stages of life. He said lost productivity on the job accounted for at least 50% of the expense of being overweight, even more than direct medical expenditures.

Issues covered:
Personal Health
Workplace Matters

Length: 4:53

Show # 2017-47

Date aired: 11/19/2017 Time Aired: 5:00 AM

Ashley Kendall, PhD, postdoctoral fellow in the University of Illinois at Chicago School of Public Health

Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

Issues covered:
Youth at Risk
Juvenile Crime

Length: 8:46

Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario, author of "*The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter*"

Dr. Gibala discussed the value of high intensity workouts. He led a study that found that bursts of short but very intense exercise appear to be just as beneficial as traditional endurance training. He explained why this type of exercise works, and how it can be a good occasional substitute for a conventional workout.

Issues covered:
Physical Fitness
Personal Health

Length: 8:29

Daniel McGuinn, editor at Harvard Business Review, author of "*Psyched Up: How the Science of Mental Preparation Can Help You Succeed*"

Of the 2,000 hours we work every year, our success or failure is often determined in the couple of dozen crucial hours when we need to bring our absolute best in a meeting or presentation. Mr. McGuinn discussed the importance of mental preparation in the last few minutes before a major challenge, and offered tips on how to channel nervous jitters into useful emotions.

Issues covered:
Career
Mental Health

Length: 4:59

Show # 2017-48

Date aired: 11/26/2017 Time Aired: 5:00 AM

Jamin Brahmbhatt, MD, Urologist, co-director of the Personalized Urology & Robotics Clinic at South Lake Hospital, in affiliation with Orlando Health

Dr. Brahmbhatt's organization commissioned a survey that found that far more men can remember their first car than those who can remember when they had their most recent health checkup. He discussed the reasons why an annual checkup is so important and the reasons that men avoid trips to the doctor. He also offered advice to wives who want to encourage their husbands to make health a greater priority.

Issues covered:
Personal Health
Men's Issues

Length: 7:26

Lori LaCivita, PhD, industrial and organizational psychologist

Thanks in part to older workers working past the traditional retirement age, four generations of workers are in the workforce at once for the first time. Dr. LaCivita said each generation prefers different leadership and communication styles, which can trigger challenges in the workplace. She outlined strategies for managers to build strong and effective teams with a diverse pool of employees.

Issues covered:
Workplace Matters
Senior Citizens

Length: 9:47

Ted Labuza, PhD, Ph.D., expert in food safety, Professor in the Department of Food Science and Nutrition at the University of Minnesota

Professor Labuza discussed how to interpret the expiration dates on food labels. Many of the dates don't mean what consumers think they do. He explained how to determine whether a package of food with a past expiration date is safe to eat.

Issues covered:
Food Safety
Consumer Matters

Length: 5:09

Show # 2017-49

Date aired: 12/03/2017 Time Aired: 5:00 AM

Sean Covey, author of "*The 6 Most Important Decisions You'll Ever Make: A Guide for Teens: Updated for the Digital Age*"

Mr. Covey outlined what he believes are the six largest challenges faced by today's teens. He said the top challenge is dealing with the pressures of school. He also said parents have a far greater impact on their teens than they realize, much more than friends or others. He also explained why it is important for teens to learn to serve others, and to be willing to accept help from others, as well.

Issues covered:

**Teenage Concerns
Parenting
Education
Volunteerism**

Length: 8:51

Carol Janney, PhD, Assistant Professor of Epidemiology, Michigan State University

Dr. Janney led a study that suggested that it may be wise for mental health providers to add exercise to their patients' treatment plans. In her survey, a large majority of mental health patients said they wanted to exercise more and believed exercise helped improve their moods and anxiety much of the time. She said psychiatrists and other providers may discuss exercise with patients in generalities, but rarely create a comprehensive exercise plan for them or regularly make sure they are adhering to a specific goal.

Issues covered:

**Mental Health
Physical Fitness**

Length: 8:21

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

Show # 2017-50

Date aired: 12/10/2017 Time Aired: 5:00 AM

Amy Morin, PhD, licensed clinical social worker, college psychology instructor and psychotherapist, author of "*13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success*"

With safe spaces and trigger warnings designed to "protect" kids, many adults worry that today's kids don't have the resilience to reach their greatest potential. Dr. Morin explained why she believes parents must strive to raise mentally strong and resilient children, and offered suggestions on how to do it.

Issues covered:

**Parenting
Mental Health**

Length: 7:31

Marion McGovern, founder and CEO of M Squared Consulting, one of the first gig-economy talent intermediaries, author of *"Thriving in the Gig Economy"*

The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

Issues covered:

Length: 9:38

**Career
Economy**

Nadia Lopez, founding principal of Mott Hall Bridges Academy in Brooklyn, NY, author of *"The Bridge to Brilliance: How One Woman and One Community Are Inspiring the World"*

As part of a pilot program in New York City, Ms. Lopez started a middle-grade public school in one of America's poorest communities. She talked about the risks and challenges faced by students in a high crime, low income neighborhood, and how she devised programs to address them.

Issues covered:

Length: 4:54

**Education
Poverty
Government Policies**

Show # 2017-51

Date aired: 12/17/2017 Time Aired: 5:00 AM

Laura Adams, Senior Insurance Analyst at insuranceQuotes

Life isn't fair, and neither are auto insurance rates. Ms. Adams said that while some factors that influence insurance prices are within consumers' control, such as the vehicle they drive and their annual mileage, many others are not. She outlined the little-known factors that can have a big impact on the price of insurance.

Issues covered:

Length: 8:17

Consumer Matters

Miriam Boeri, PhD, Associate Professor of Sociology, Bentley University, author of *"Hurt: Chronicles of the Drug War Generation"*

Dr. Boeri interviewed dozens of Baby Boomers who are hooked on illicit drugs. She explained why she believes the War on Drugs has not only failed, but has exacerbated the problem. She said that in the past, once someone reached the age of 35 or so, they would typically quit using hard drugs, but the Baby Boom generation has done the opposite: drug abuse among older Americans is skyrocketing.

Issues covered:

Length: 8:52

**Substance Abuse
Government Policies
Senior Citizens
Criminal Justice**

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: 5:13

Show # 2017-52

Date aired: 12/24/2017 **Time Aired:** 5:00 AM

Nicholas Tatonetti, PhD, Assistant Professor of Biomedical Informatics, Director of Clinical Informatics at the Herbert Irving Comprehensive Cancer Center at Columbia University

Dr. Tatonetti's research uncovered a surprising correlation between the month a person is born and their risk of developing various health problems, including heart disease, viral infections and ADHD. His study found 55 diseases that correlated with the season of birth. He explained the time of year a person is born dictates many of the environmental factors they are exposed to during birth and early development.

Issues covered:
Personal Health

Length: 6:54

Michael H. Shuman, economist, attorney, author, and entrepreneur, experts on community economics, author of "*The Local Economy Solution*"

Mr. Shuman believes the entire process of local economic development has become ineffective and unaffordable. He said the traditional method of chasing large companies with huge taxpayer subsidies creates very few new jobs. He is a proponent of alternative approaches in which states and cities encourage private ventures that help local businesses launch and grow.

Issues covered:
Economic Development
Employment

Length: 10:12

Bill Bishop, author of "*The Big Sort*"

America may be more diverse than ever, but Mr. Bishop believes that the nation's neighborhoods are becoming too divided—culturally, economically and politically. He said that the places where Americans live are becoming increasingly populated with people who live, think, and vote as they do. He explained what is behind this movement and why it is not a positive development.

Issues covered:
Community
Diversity Issues

Length: 5:03

Show # 2017-53

Date aired: 12/31/2017 **Time Aired:** 5:00 AM

Sheila Markin Nielsen, career counselor with more than 25 years of experience, author of "*Job Quest: How to Become the Insider Who Gets Hired*"

The search for a job can seem intimidating and frustrating for most people. Ms. Markin Nielsen said the most critical component in any successful job search is to establish personal relationships. She outlined strategies to create personal connections and trust with key people. She discussed the usefulness of online tools such as LinkedIn, along with the value of resumes in today's employment environment.

Issues covered:
Employment
Career

Length: 10:25

Jennifer Suor, researcher, PhD candidate in clinical psychology at the University of Rochester

Ms. Suor's research found that children from low-income families are at risk of stunted cognitive functioning before they even start kindergarten. Her team found that young children with emotionally distant caregivers and who lived in an unstable home also had high levels of the stress hormone cortisol, which appears to significantly affect their cognitive abilities.

Issues covered:
Education
Parenting

Length: 6:44

Andy Cohen, CEO, Caring.com

In the past year, approximately 14 million drivers have been in a road incident caused by an elderly driver, according to a survey by Mr. Cohen's organization. He discussed how other motorists view the safety and competence of senior drivers. He also explained how to determine whether an older loved one is no longer fit to drive, and how to approach the topic with them.

Issues covered:
Senior Citizens
Traffic Safety

Length: 5:10