

WRUL Issues IQ 2020

Quarterly Issues Report for station WRUL, CARMI, ILLINOIS for the 1st Quarter of 2020

| Description of Issue | Date | Time Aired | Duration | Description of program/Subject of program |
|--|----------|----------------------|-----------------------|--|
| (A) Illinois legalizes recreational marijuana | 1/2/2020 | 6a, 7a, 8a, noon, 5p | 2 minutes each report | Proponents and opponents of legalized recreational marijuana weigh in as the state issued 11 more same site dispensary licenses including one in the listening area. |
| (B) Egyptian Health Dept CEO talks to Kiwanis about Substance Abuse and Rehabilitation | 1/3/2020 | 6a, 7a, 8a, noon, 5p | 2 minutes each report | Angie Hampton discusses the stigma against those with a history of substance abuse calling it a chronic brain disease and not a moral failing. She encourages those in the community to join the SI SUPRT Council. |
| (C) Carmi Woman's First Book to Hit the Shelves in 2 Days | 1/8/2020 | 6a, 7a, 8a, noon, 5p | 2 minutes each report | Local author and entrepreneur Cassie Hughes Pigg discusses her new book "Mommy's Got a Tramp Stamp" which covers her experience with severe post partum depression and anxiety. |
| (D) Local Women Discuss Their Efforts to Curb Human Trafficking | 1/8/2020 | 9am - 9:30am | 30 minutes | Amy Neibel and Niece Edwards discuss their efforts and experience with First Baptist Church to publicize and illuminate the region of the dangers of human trafficking. |

- (A) ILLINOIS MARIJUANA LAWS/SITUATION
- (B) COMMUNITY HEALTH ISSUES
- (C) INTERESTING STRUCTURE
- (D) VARIOUS ISSUES/EDUCATION
- (E) MISC
- (F) ECONOMY

WRUL Issues IQ 2020

White Co. CEO Program to Present The Green Project

| | | | |
|--|------------------|---|----------------------------------|
| <p style="text-align: center;">C</p> | | <p>1/10/2020 6a, 7a, 8a, noon, 5p</p> | <p>3 minutes each report</p> |
| <p style="text-align: center;">D</p> <p>Illinois Secretary of State Awards More than 1.2 Million in Grants to School Libraries</p> | <p>1/14/2020</p> | <p>6a, 7a, 8a, noon, 5p</p> | <p>3 minutes each report</p> |
| <p style="text-align: center;">E</p> <p>Grayville City Council - Tackling the Water Problem in Town</p> | <p>1/14/2020</p> | <p>6a, 7a, 8a, noon, 5p</p> | <p>5 minutes each</p> |

Members of the White County Creating Entrepreneurial Opportunities or "CEO" program have spent the weeks since school started visiting area businesses and seeing first-hand the ins and outs of running a company. Soon, the students in the program will shift their focus and begin to create, from concept to reality, a business of their own that they will showcase at the White County CEO annual trade show this spring.

Secretary of State and State Librarian Jesse White has awarded over \$1.2 million in FY 2020 School District Library Grant Program awards to 684 public school districts. White claims more than 1.5 million Illinois students served by school library programs will benefit from the grants. Opponents say it's a waste of funds.

Mayor Travis Thompson reports Grayville has received an \$84,000 grant for the purpose of cleaning water wells. Additionally, Grayville is a finalist for a half million dollar Community Development Block Grant. Only a few items need to be "checked off the list" Thompson says and he anticipates the grant coming through. Part of that grant requires a \$120,000 match from the city.

WRUL Issues IQ 2020

| | | | | |
|--|------------------|---|----------------------------------|---|
| <p style="text-align: center;">(F)</p> <p>Mcleansboro City Council Decides to Stop Funding City Hall Architect</p> | | <p>6a, 7a, 8a, noon, 5p</p> | <p>3 minutes each report</p> | <p>McL City Council decided no more money would be spent with the architect originally assigned to assist in drawing up schematics and plans for a City Hall remodel. Alderman Jim Mason made a motion to continue with the process, but the measure died failing to garner a second. Alderman Dale Biggerstaff wavered, but ultimately decided against it. Council has authorized the spending of around \$10,000 to get this far, but seemingly decided once again it wasn't a path they wanted to continue on.</p> |
| <p style="text-align: center;">(R)</p> <p>Teri Cain with SI SUPRT- Interview</p> | <p>1/16/2020</p> | <p>9am - 9:30am</p> | <p>30 minutes</p> | <p>During the talk show, Cain discusses the health department funded SI SUPRT initiative which aims to help destigmatize substance abusers and requests to find people who have first hand dealt with substance abuse who can serve as assistance for the program.</p> |
| <p style="text-align: center;">(S)</p> <p>Carmi Rotary Club hears from Child Advocacy Center Executive Director</p> | <p>1/17/2020</p> | <p>6a, 7a, 8a, noon, 5p</p> | <p>4 minutes each report</p> | <p>Sheryl Woodham, Exec Director for The Guardian Center discusses with the organization startling statistics on child abuse and discusses what her office does and how they work to advocate for abused children in an 8 county service area.</p> |
| <p>Local Chosen as Miss Illinois White County Fair Queen</p> | <p>1/20/2020</p> | <p>6a, 7a, 8a, noon, 5p + a 30 minute interview</p> | <p>40 minutes</p> | <p>Kelsie Kessler's goal as the 2020 Illinois County Fair queen is to be a voice for agriculture and role model. She has her own video series on You Tube called "Crowned with Confidence," where she encourages young people to have confidence in whatever they attempt. She discusses Agriculture and her future and what the title will allow her to give a voice to over the next year.</p> |

WRUL Issues IQ 2020

| | | | |
|--|------------------|--------------------------------------|----------------------------------|
| <p style="text-align: center;">D</p> <p>Carmi White County Unit 5 Launches New App & Website</p> | <p>1/21/2020</p> | <p>6a, 7a, 8a, noon, 5p</p> | <p>3 minutes each report</p> |
| <p style="text-align: center;">D</p> <p>AirLife Discusses Difference in Their Service and Air Evac Memberships</p> | <p>1/24/2020</p> | <p>6a, 7a, 8a, 10a, noon, 5p</p> | <p>5 minutes each report</p> |

Carmi-White County School District #5 is launching a new mobile app that helps students, parents, and community members know what is happening on campus, right from their phones. Families are using smartphones as a primary means to communicate. CWC worked with Apptegy to create the app. Discussion about how families without smart phone access will still have the same opportunities and access. The poverty rate in White County is 14% or just over 1,900 of the county's 13.8k people.

Tyranne McDaniel and Kyle Killeen of Air Methods spoke next. Air Methods is the post-transport insurance billing side of AirLife. Air Methods is a no membership required service. They explained the costs of AirLife, whether a patient is insured and in-network, insured and out-of-network, or uninsured. Air Methods has a dedicated Patient Advocacy department which provides patients with support and resources during the billing process. According to Air Methods, the average out-of-pocket expense for their services to patients in the state of Illinois is \$124.

WRUL Issues IQ 2020

| | | | | |
|---|------------------|--------------------------------------|-------------------|--|
| <p style="text-align: center;">C</p> <p>Grayville City Council - Water Problem in Town - Continued - Next Meeting</p> | <p>1/28/2020</p> | <p>6a, 7a, 8a, 10a, noon, 5p</p> | <p>7 minutes</p> | <p>The half a million dollar Community Block Grant the city is considering will go toward water line replacement and appeared headed for passage. Fiscal hawkeye and finance commissioner David Jordan caught a snag however when he recognized a discrepancy in the cost of the engineering agreement portion. At a previous meeting, the engineering portion was \$120,000. Jordan is seeking clarification as the agreement presented last night showed \$130,000 and while he signaled it wasn't a deal breaker either way necessarily, he wasn't in agreement with moving forward until that detail was reconciled.</p> |
| <p style="text-align: center;">K</p> <p>White County Cheer for a Cure Interview</p> | <p>1/30/2020</p> | <p>9am - 9:30am</p> | <p>30 minutes</p> | <p>Organizers discuss their 9th annual event and how it helps locals directly that have or are dealing with cancer. The event used to feed into a larger national organization and organizers deemed it possible to pull off and give that money directly to those in White County who are dealing with the disease.</p> |

WRUL Issues IQ 2020

| | | | |
|---|------------------|----------------------------------|------------------------------|
| <p style="text-align: center;">C</p> <p>Norris City Village Board Meeting</p> | | <p>6a, 7a, 8a, 10a, noon, 5p</p> | <p>5 minutes each report</p> |
| <p>Hamilton County Food & Brew Fest Interview</p> | <p>2/5/2020</p> | <p>9am - 9:30am</p> | <p>30 minutes</p> |
| <p style="text-align: center;">F</p> <p>White County Board Meeting</p> | <p>2/12/2020</p> | <p>6a, 7a, 8a, 10a, noon, 5p</p> | <p>5 minutes each report</p> |

The board agreed to consider accepting a contract with the White County Sheriff for non-emergency dispatch service at \$16,100 a year, providing the contract has altered language to be worked out by the two party's attorneys. The village would have until June 1st to pay the money, so they'll wait until there's an agreement to take a vote to accept it. Mayor Roy Kissell and the board members all said they were not happy with the process to get to where they are now. The village will file an application for a Phase Three Water Rehabilitation System Grant to replace all undersized water lines at an estimated cost of \$955,000. The grant is for \$1.1 million and is for a thirty year period, and once received they would advertise to bid out the work in July with possible completion by 2021. Dan Hansen of Bulldog Systems addressed the board about a new contract for trash pickup. He offered and they accepted a five year deal with a fifty cent increase per house for pickup to \$11

Organizers talk about the 2nd annual event inviting food and beer makers to show off their best foods and brews.

County Board chairman Don Puckett suggests raises for County officeholders despite inability to balance budget and accusations from the public on wasteful spending. Coverage continues into March meeting when the raises are voted on and passed despite a present vote and a no vote. In addition, rural county resident Stan Hill speaks to the board about looking into grant money to help get faster/better internet service to rural county residents.

WRUL Issues IQ 2020

Illinois Legislative District 109
Candidate Forum

(F)

| | | | |
|---|-----------|---------------------------|-----------------------|
| | 2/14/2020 | 6a, 7a, 8a, 10a, noon, 5p | 4 minutes each report |
| <p style="text-align: center;">(C)</p> <p>Harmony Way Bridge Gets New Ownership</p> | 2/26/2020 | 6a, 7a, 8a, 10a, noon, 5p | 5 minutes each report |
| | | | |

Candidates Andy Hires, John Spencer and Adam Niemerg, addressed a wide variety of subjects, from worker's compensation reform to how to increase foreign trade of Illinois products. They also discussed their positions on many Illinois tax-related issues, such as property tax, Farmland Assessment and progressive tax.

The first significant step in the process to re-open the Bridge is an in-depth study to determine the current structural integrity, safety, and rehabilitation feasibility of this historic landmark. In November of 2019, with assistance from the Illinois Department of Transportation (IDOT), a Request for Proposal (RFP) for the study was published on IDOT's Professional Transportation Bulletin #194-64. Six pre-qualified structural engineering firms from the Illinois and Indiana area submitted proposals. A selection committee comprised of members from the Illinois and Indiana Authorities reviewed the proposed Statements of Interest, and through an intensive vetting and voting process, negotiations with the first choice are underway. In order to get to this step, the bridge had to leave it's private status and transfer ownership.

Above is a list of the significant issues responded to by station _____ WRUL _____ with the most significant programming _____

WRUL Issues IQ 2020

treatment of those issues for the period of Jan 1, 2020 to Mar 31, 2020.

The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

WRUL Issues IQ 2020

CARMI, ILLINOIS

InfoTrak

Call Letters: WRUL

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2020

Show # 2020-01

Date aired: 1-5-20 Time Aired: 5:00 AM

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

Nearly everyone today struggles with a myriad of passwords for their online activities. Professor Mazurek was involved in research at Carnegie Mellon University that found that long passphrases are more effective and easier to remember than an incomprehensible string of letters, numbers and special characters.

Issues covered:

Online Security

Crime

Consumer Matters

Length: 8:52

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

Mr. Voss discussed the skills that helped him and his colleagues succeed where it mattered most: saving lives. He explained how of those same negotiating tactics and principles are critical in everyday life, in areas such as buying a car, negotiating a salary, buying a home, or parenting.

Issues covered:

Career

Parenting

Length: 8:25

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

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

Issues covered:

Personal Finance

Retirement Planning

Senior Citizens

Length: 5:04

WRUL Issues IQ 2020

Show # 2020-02

Date aired: 1-12-20 Time Aired: 5:00AM

Jordan W. Smoller, PhD, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health

Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.

Issues covered:

Length: 8:41

Mental Health
Physical Fitness

Wendy Wood, PhD, Provost Professor of Psychology and Business at the University of Southern California, author of *Good Habits, Bad Habits: The Science of Making Positive Changes That Stick*

This is about the time in the calendar that New Year's resolutions fail. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.

Issues covered:

Length: 8:35

Personal Growth
Addictions

Sherry Pagoto, PhD, Professor in the Department of Allied Health Sciences, Director of the University of Connecticut Center for mHealth and Social Media

Prof. Pagoto led a study that found that 78 percent of major fitness chains offer tanning beds to their customers. She said that while the public health community has been trying to communicate the message to the public that tanning beds are not safe or healthy, gyms are essentially putting a 'health halo' on them because people associate gyms with health. She explained why tanning beds create serious risks for the development of skin cancer.

Issues covered:

Length: 4:51

Personal Health
Consumer Matters
Government Regulations

Show # 2020-03

Date aired: 1-19-20 Time Aired: 5:00 AM

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

Children don't come with an owner's manual, but many parents wish they did. Dr. Reischer offered simple, action-oriented steps anyone can take to improve their parenting skills. She discussed the importance of empathy, how to distinguish between goals and methods, and why it's helpful for parents to view their kids as little explorers and scientists.

Issues covered:

Length: 7:51

Parenting

WRUL Issues IQ 2020

Andrew Scott, Professor of Economics at the London Business School, Fellow at All Souls College, Oxford University and the Centre for Economic Policy Research, co-author of *"The 100-Year Life: Living and Working in an Age of Longevity"*

Many Americans have been raised on the traditional notion of a three-stage approach to life: education, followed by work and then retirement. However, Prof. Scott said this well-established pathway is already beginning to collapse: life expectancy is rising, pensions are vanishing, and increasing numbers of people are juggling multiple careers. He offered suggestions for how to better plan for a productive, longer life and retirement in today's rapidly-evolving economy.

Issues covered:
Retirement Planning
Senior Citizens

Length: 9:23

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

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

Issues covered:
Hearing Loss
Health Issues
Parenting Concerns
Senior Citizens

Length: 4:58

Show # 2020-04

Date aired: 1-26-20 **Time Aired:** 5:00 AM

Donna Thomson, author of *"The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver"*

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

Issues covered:
Caregiving
Mental Health

Length: 9:20

Molly Carmel, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of *"Breaking Up with Sugar."*

Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.

Issues covered:
Nutrition
Addiction
Consumer Matters

Length: 7:48

WRUL Issues IQ 2020

Greg Masson, Chief of the Branch of Environmental Contaminants at the U.S. Fish & Wildlife Service

Prescription drugs are now being detected in many US rivers, lakes and streams. Mr. Masson expressed concern about the disposal of prescription medications and their impact on wildlife and the environment. He explained how these products affect the health of animals and fish. He also outlined guidelines issued by his agency on how to properly dispose of unused drugs.

Issues covered:
Environment
Personal Health

Length: 4:53

Show # 2020-05

Date aired: 2-2-20 **Time Aired:** 5:00 AM

Rachel Alinsky, MD., MPH, Pediatrician and Adolescent Medicine Fellow at the Johns Hopkins Children's Center

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

Issues covered:
Drug Addiction
Public Health

Length: 9:20

Monique Morrissey, Economist, Economic Policy Institute

Ms. Morrissey's organization is highly critical of the nation's policies for funding retirement. She led a study that found that only about 54% of Americans are saving for retirement. She explained why she believes that the shift from traditional pensions to 401(k)s has increased retirement inequality for U.S. families, based on their income, race, ethnicity, education, and marital status.

Issues covered:
Retirement Planning
Minority Concerns
Government Policies

Length: 7:48

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: 5:05

WRUL Issues IQ 2020

Show # 2020-06

Date aired: 2-9-20 Time Aired: 5:00 AM

Anthony O'Neal, author of "*Debt-Free Degree: The Step-by-Step Guide to Getting Your Kid Through College Without Student Loans*"

Mr. O'Neal discussed the huge negative impact that student debt has on today's college graduates. He outlined three main ways to graduate debt free: saving money, finding money via grants and scholarships, and working for money. He recommended that students apply for lesser-known small-dollar scholarships, before going after the large ones.

Issues covered:

Education
Personal Finance

Length: 9:02

Ada Calhoun, author of "*Why We Can't Sleep: Women's New Midlife Crisis*"

Ms. Calhoun talked about the new midlife crisis facing Gen X women, and how they arrived there. She said most women in their 40s and early 50s are exhausted, terrified about money, under-employed, and overwhelmed. She believes that instead of being heard, they have been told to lean in, take "me-time," or make a chore chart to get their lives and homes in order. She talked about some of the possible societal changes that may address the problem.

Issues covered:

Women's Issues
Mental Health
Gen X Concerns

Length: 8:03

Michael Englesbe, MD, FACS, Cyrenus G. Darling Sr., MD and Cyrenus G. Darling Jr., MD Professor of Surgery at the University of Michigan in the Section of Transplantation Surgery

Dr. Englesbe led a study that examined inexpensive ways for surgery patients to get physically and mentally ready for their upcoming operation. He said the program may help reduce overall costs and get patients home faster. He said "prehabilitation," uses the weeks before surgery to encourage patients to move more, eat healthier, cut back on tobacco, breathe deeper, reduce their stress and focus on their post-operative goals.

Issues covered:

Personal Health
Healthcare Costs

Length: 5:07

Show # 2020-07

Date aired: 2-16-20 Time Aired: 5:00 AM

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

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

WRUL Issues IQ 2020

Issues covered:

Teen Suicide
Mental Health
Parenting

Length: 7:57

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

A surprising number of Americans have experienced bullying on the job. Mr. Richards discussed the reasons that some people become bullies, and offered suggestions for how to deal with bullying in an effective and positive way. He said documenting dates, times and details of incivility are crucial, and that approaching the HR department with an issue is the best place to start.

Issues covered:

Bullying
Workplace Matters

Length: 9:21

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

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

Issues covered:

Retirement Planning
Senior Citizens

Length: 5:04

Show # 2020-08

Date aired: 2-23-20 **Time Aired:** 5:00 AM

Jillian Peterson, PhD, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the "how" and "why" of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:

Mass Shootings
Criminal Justice
Mental Health

Length: 9:02

WRUL Issues IQ 2020

Peter H. Diamandis, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of *"The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives"*

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:
Consumer Matters
Technology

Length: 8:03

Atara Twersky, attorney, author of the *Curlee Girlee* book series

Amid today's pressures of the #MeToo movement, gender discrimination and the peer pressures of social media, Ms. Twersky explained why it is crucial for parents to encourage young girls to celebrate their differences and lift each other up. She offered suggestions to empower young girls and to teach them that it's okay to be different.

Issues covered:
Women's Issues
Children's Issues

Length: 5:07

Show # 2020-09

Date aired: 3-1-20 **Time Aired:** 5:00 AM

Sameer Hinduja, Ph.D., Professor in the School of Criminology and Criminal Justice within Florida Atlantic University's College for Design and Social Inquiry, Co-Director of the Cyberbullying Research Center

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

Issues covered:
Dating Violence and Abuse
Teenager Concerns
Technology

Length: 8:37

Michael J. Tews, PhD, Associate Professor of Hospitality Management at Penn State University

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

Issues covered:
Employment
Career

Length: 8:40

WRUL Issues IQ 2020

Greg Keoleian, Director of the Center for Sustainable Systems at the University of Michigan School for Environment and Sustainability

Environmentally-conscious consumers have probably heard that today's highly efficient dishwashers use less energy and water than traditional hand-washing techniques. However, Prof. Keoleian led a study that found that one manual washing technique—the two-basin method, in which dishes are soaked and scrubbed in hot water and then rinsed in cold water—that is associated with fewer greenhouse gas emissions than machine dishwashing. He offered numerous energy-saving tips related to the task of washing dishes.

Issues covered:
Environment
Energy
Consumer Matters

Length: 5:03

Show # 2020-10

Date aired: 3-8-20 **Time Aired:** 5:00 AM

Kelly McGonigal, PhD, health psychologist, lecturer at Stanford University, author of *"The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, And Courage"*

People who are regularly active have a stronger sense of purpose, and they experience more gratitude, love, and hope. Dr. McGonigal shared stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more. She said a gym workout or other intense exercise isn't necessary—it's just important to find an activity that is enjoyable.

Issues covered:
Mental Health
Physical Fitness
Aging

Length: 7:54

Mark McConville, PhD, family clinical psychologist in private practice in Cleveland, author of *"Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It"*

A recent study shows that a third of today's 25 to 29 year-olds live with their parents—three times as many as in 1970. Dr. McConville said that many are struggling with three critical skills that are necessary to make the transition from childhood to adulthood: finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. He explained why things have changed for this generation, and how parents can help.

Issues covered:
Parenting

Length: 9:22

Souvik Sen, MD, MS, MPH, Chair of Neurology at Palmetto Health-USC Medical Group, Professor of Neurology at the University of South Carolina School of Medicine

Dr. Sen led a study that found that gum disease may be linked to higher rates of stroke caused by hardened and severely blocked arteries. He discussed the connection between gum disease and blood inflammation. He found that patients with gum disease had twice as many strokes and were twice as likely to have moderately severe narrowing of brain arteries.

WRUL Issues IQ 2020

Issues covered:
Stroke Prevention
Personal Health

Length: 4:56

Show # 2020-11

Date aired: 3-15-20 **Time Aired:** 5:00 AM

Dan Heath, Senior Fellow at the Center for the Advancement of Social Entrepreneurship at Duke University, author of "*Upstream: The Quest to Solve Problems Before They Happen*"

Mr. Heath said far too many people stay "downstream," handling one problem after another, but they never make their way "upstream" to fix the systems that caused the problems. He cited several examples to illustrate why he believes that many crimes, chronic illnesses and customer complaints are often preventable.

Issues covered:
Workplace Matters
Education
Government

Length: 9:35

Hessam Sadatsafavi, PhD, Data Action Team Leader in the Department of Emergency Medicine at the University of Virginia Health System

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

Issues covered:
Crime
City Planning
Environment

Length: 7:39

Nancy Lan Guo, PhD, Associate Professor of Community Medicine and Cancer Center at West Virginia University, Program Assistant Director of West Virginia Clinical and Translational Science Institute for Biomedical Informatics

Dr. Gou led a study that found that microscopic toner nanoparticles that waft from laser printers may change our genetic and metabolic profiles in ways that make disease more likely. She said the primary concerns are for workers who work near printers that are in frequent use, those who are pregnant, and those who work in print shops. She said the study discovered dramatic genetic changes linked to cardiovascular, neurological and metabolic disorders.

Issues covered:
Personal Health
Workplace Matters

Length: 4:55

WRUL Issues IQ 2020

Show # 2020-12

Date aired: 3-22-20 Time Aired: 5:00 AM

Susan Tillery, CPA/PFS, Chair of the American Institute of CPA's Personal Financial Planning Executive Committee

A recent survey from the American Institute of CPAs found that, for older Americans, falling victim to fraud is more devastating emotionally than financially. Ms. Tillery discussed the most common forms of fraud targeting the elderly, and how friends and family members can help to protect them.

Issues covered:

Length: 9:27

Crime
Elder Abuse
Retirement Planning
Aging

Kasey Wallis, personal coach, co-author of *"Who You Are Being"*

A recent poll found that 22 percent of Americans feel angry a lot, up from 17 percent the previous year. Ms. Wallis talked about the reasons behind this trend, and why different people react differently to anger. She outlined several ways to diffuse the problem, including focused breathing. She also discussed ways that parents can teach their children how to deal with anger in a healthy way.

Issues covered:

Length: 7:48

Mental Health
Media
Parenting

Justin D. Kreuter, MD, Instructor of Laboratory Medicine and Pathology, Transfusion Medicine Specialist with the Mayo Clinic Blood Donor Center

With recommendations to stay home during the COVID-19 pandemic, the U.S. now has a critical blood shortage. Dr. Kreuter said nearly half of US blood collectors are reporting that they only have a two-day supply or less of blood products. He outlined the reasons that collections have plummeted and explained why potential donors should not be fearful to go to donation centers.

Issues covered:

Length: 5:09

Blood Donation
Coronavirus

Show # 2020-13

Date aired: 3-29-20 Time Aired: 5:00 AM

Dani Babb, PhD, MBA, online education expert, founder and CEO of the Babb Group, which specializes in curriculum development and faculty training and services

Ms. Babb discussed what is working well for schools, what is not working, and how education delivery will be forever changed by Covid-19. She talked about the specific technical issues and other unexpected changes facing many schools that have scrambled to move classes online. She said the graduating class of 2020 will likely end up having "virtual" graduation ceremonies.

WRUL Issues IQ 2020

Issues covered:

Length: 9:18

**Education
Coronavirus
Technology**

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: 7:48

**Racial Bias
Diversity
Parenting**

Beth K. Rush, PhD, Neuropsychologist from the Dept. of Psychiatry and Psychology at the Mayo Clinic

Stay at home orders and non-stop news coverage about the Coronavirus pandemic is creating worry and anxiety for people across the globe. Dr. Rush suggested ways to cope with the crisis. She said it is important to establish daily routines. She also said limiting exposure to the constant media reports and Facebook comments can also help.

Issues covered:

Length: 4:56

**Mental Health
Coronavirus
Media**