

Quarterly Issues and Programs planned for the 4th Quarter 2020

Issues and Program focus may change as community issues change. Results of programming targeted at community issues for the 3rd Quarter (July, August, September 2020) follow.

- Covid-19 discussions
- Infrastructure needs and wants
- Education in our Rural Areas
- Public and Personal Safety in our communities
- Health Care issues to be addressed by Elder and Rural communities
- Jobs, Skills, and other local economic challenges
- Economic Development challenges and efforts

Report for 3rd Quarter 2020 is attached...

Quarterly Issues Report for station WRUL – CAEM11,11112015
for the 3rd Quarter of 2020

| Description of Issue | Date | Time Aired | Duration | Description of program/Subject of program |
|------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------------------------|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Summary Judgement Expected Thursday in Bailey Vs. Governor Pritzker</p> | <p>7/1/2020</p> | <p>6a, 7a, 8a, noon, 5p</p> | <p>1 minute each report</p> | <p>Summary judgment is expected Thursday in the case state Rep. Darren Bailey has against Gov. J.B. Pritzker, challenging the governor's executive authority to issue consecutive emergency orders during the COVID-19 pandemic. That's just days after a federal judge remanded the case back to state court. Attorney Thomas DeVore said the Clay County judge could rule that some of the governor's orders after the initial 30 days are void. If that happens, the governor could appeal all the way to the state Supreme Court.</p> |
| <p>Secretary of State Jesse White and IDOT Alert Drivers to Two New Traffic Safety Laws Effective July 1</p> | <p>7/2/2020</p> | <p>6a, 7a, 8a, noon, 5p</p> | <p>3 minutes each report</p> | <p>Secretary of State Jesse White and the Illinois Department of Transportation (IDOT) announced two new laws that took effect July 1 which establish tougher penalties for drivers who seriously injure others while texting and driving and for those who cause severe injury to pedestrians.</p> |

| | | | |
|-------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------------------------|------------------------------|
| <p>Gov. Pritzker's Lockdown Orders Tossed; Individual Liberty Re-Established in Illinois</p> | | | <p>3 minutes each report</p> |
| <p>Wabash Christian Village Partners with Company to Help Provide Engagement between Family and Residents During Pandemic</p> | <p>7/3/2020</p> | <p>6a, 7a, 8a, noon, 5p</p> | <p>30 minutes</p> |
| <p>Illinois County Clerks to Mail Vote-By-Mail Applications by State Mandate</p> | <p>7/6/2020</p> | <p>6a, 7a, 8a, 10a, noon, 5p</p> | <p>3 minutes each report</p> |

Clay County Circuit Court Judge Michael McHaney ruled Governor J. B. Pritzker overstepped his authority in issuing multiple "stay at home" or lockdown orders to address the COVID-19 pandemic. State Rep. Darren Bailey (R-Xenia) took legal action against the Governor, ~~challenging the orders on constitutional~~ grounds. Bailey said the ruling is both a vindication and a declaration re-establishing individual liberties.

WCV recently constructed a series of conversation stations across its eleven communities that have families and residents separated by a plexiglass barrier. Supervised by staff, each station is enhanced with new two-way communication technology by Eversound. The long-range wireless listening system supports the current needs of physical distancing by connecting residents and their families through visitation barriers.

Due to COVID-19, The State of Illinois has mandated that all County Clerks must mail out Vote-By-Mail applications to everyone who has voted in the last three elections. White County Voters who have participated in the last three elections will automatically receive an application to Vote-By-Mail which will be mailed out by August 1st, 2020.

| | | | |
|-----------------------------------------|----------|----------------------|-----------------------|
| | | | |
| Norris City Village Board Meeting | 7/7/2020 | 6a, 7a, 8a, noon, 5p | 5 minutes each report |
| Group Launches Opposing Progressive Tax | 7/7/2020 | 6a, 7a, 8a, noon, 5p | 5 minutes each report |

Among the topics covered include: The board approved a resolution on proper procedures for making TIF fund requests. The resolution, drawn up by Mayor Roy Kissell, was the result of the board's approving the TIF money request at last month's meeting from the Wonder Market on their new front doors. ~~The installation of the doors occurred before they requested the TIF funds.~~ This new resolution would require the requester to approach the village board first before having the work done.

A statewide coalition of business groups is launching its push against the governor's proposed progressive income tax. The proposed amendment to change the state's flat income tax to a progressive structure with higher rates on higher earners is on the November ballot for voters to decide. Opponents say the tax increase will hurt small businesses.

| | | | | | |
|-----------------------------------------------------------------------------------|-----------|----------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | | <p>Carmi City Council signed off on a plan Tuesday evening that will bring improvements and needed maintenance to the city's power grid at an investment of just over half a million dollars. President of United Energy and chief Electrical Engineer consultant for Carmi, David Coston addressed the council with a <u>long-term plan for electric infrastructure management</u> for about half an hour. Additionally, the mayor says the city has terminated it's agreement with Aqua-Line. The city initially contracted with the organization back in July of 2014. The company's initial pitch, delivered by Robert "Bud" Yates and Ed Bates, claimed that when water line breaks occur between the meter and the homeowner's house, the homeowner is responsible. By opting in thru the city with Aqua-Line (and adding a \$3.25 surcharge to customer bills), the company would in effect act as insurance and any damaged water lines would be repaired "in a timely and professional manner". Mayor Pollard says City Attorney Greg Stewart has been working the last two years to deal with several issues. Customers were claiming repairs weren't made. Additionally, the</p> |
| City of Carmi Council Meeting | 7/8/2020 | 6a, 7a, 8a, noon, 5p | 6 minutes each report | | |
| IHSA Releases Regulations for next stage of High School Athletics | 7/10/2020 | 6a, 7a, 8a, 10a, | 2 minutes each report | <p>Illinois High School Sports Association releases more regulations and guidelines for the start of the upcoming school year.</p> | |
| Carmi Kiwanis Club Visited by member of local health department at weekly meeting | 7/13/2020 | 6a, 7a, 8a, noon, 5p | 4 minutes each report | <p>Kari Lane of the Egyptian Health Department provides information to club members and the public on the ongoing nature of the pandemic, what the health department's role is, and what individuals can and should do to help prevent the spread.</p> | |

| | | | | |
|--------------------------------------------------------------------------|-----------|----------------------------------------------|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Radio Op/Ed by Mayor Pro Tem of Maunie | 7/13/2020 | 6a, 7a, 8a, noon, 5p + a 30 minute interview | 40 minutes | Mayor discusses the lack of law enforcement, response and support from county and state government in the village along with the rampant drugs that are pervasive in the community. |
| IHSA Makes Major Schedule Changes Including Football to Spring | 7/30/2020 | 6a, 7a, 8a, noon, 5p | 3 minutes each report | The Illinois High School Association is planning to restructure its sports calendar for the upcoming school year due to the COVID-19 pandemic. All sports will be played over truncated fall, winter, spring, and summer seasons. |
| Town Hall Meeting on Choices in Education Attended by Concerned Citizens | 8/4/2020 | 6a, 7a, 8a, 10a, noon, 5p | 5 minutes each report | Town hall held to cover various options for schooling including public school, a new private Christian school affiliate, remote learning, a Penn Foster affiliated program available for home schooling, etc. Politician Darren Bailey and his wife were also in attendance to talk about the school they run, Full Armor Christian Academy. |
| Norris City Village Board Meeting | 8/4/2020 | 6a, 7a, 8a, 10a, noon, 5p | 5 minutes each report | Among the topics covered include: The board agreed to raise rates because of next year's water project for all water customers, to begin on January 1st. In-town and rural residents will see a one dollar increase for the first 2,000 gallons and a 50 cent increase for each 1,000 additional gallons. Those customers in Dale, McLeansboro and Broughton will see a similar increase. Mayor Roy Kissell again said there has not been an increase in water rates in 31 years. Jenny Smith with the Lions Club addressed the board about getting TIF money for the repair of the roof about building. They got an estimate from Tri-County Roofing of \$25,000 for the repair and are asking for \$28,000 in TIF money for the roof and some kitchen repairs |

| | | | |
|-----------------------------------------------------------|----------|---------------------------|-----------------------|
| | | | |
| City of Carmi Council Meeting | 8/4/2020 | 6a, 7a, 8a, 10a, noon, 5p | 4 minutes each report |
| Back to Court: Rep Bailey wants Governor Held in Contempt | 8/6/2020 | 6a, 7a, 8a, 10a, noon, 5p | 5 minutes each report |

An ordinance pertaining to possession of tobacco, tobacco products and other smoking/vaping related products for persons under the age of 21 was the main topic. Council approved Ordinance #1652 which will prohibit the sale to, purchase by, and possession of tobacco, tobacco products, electronic cigarettes, alternative nicotine products, cannabis and cannabis products for persons under the age of 21, and provides penalties for violations thereof in the City of Carmi, White County, Illinois. Effective July 2019, Illinois state law was changed to prohibit the sale of tobacco, including cigarettes, chewing tobacco, e-cigarettes and vapes to anyone under the Governor J.B. Pritzker has continually ignored a valid court ruling that his COVID-19 Executive Orders after April 8, 2020 are null and void, according to State Rep. Darren Bailey. Bailey filed a petition seeking a civil contempt order Aug. 5. Bailey's new petition asks the Court to hold Pritzker in civil contempt, and he be required to show cause why he should not be held in contempt. The petition also asks the Court to order the Governor to rescind his July 24 and July 27 COVID-related Executive Orders, #47, #48 and #50, or that he be held in the Clay County Jail until such time as he complies.

| | | | |
|-------------------------------------------------------------------------------------------------------------------------|------------------|----------------------------------|------------------------------|
| | | | |
| <p>White County Board Meeting</p> | <p>8/12/2020</p> | <p>6a, 7a, 8a, 10a, noon, 5p</p> | <p>4 minutes each report</p> |
| <p>Skepticism Over Illinois Ever Reaching Stage 5 after Poll Shows More than 1/3 of Nation would Refuse Vaccination</p> | <p>8/20/2020</p> | <p>6a, 7a, 8a, 10a, noon, 5p</p> | <p>5 minutes each report</p> |

In 2018, a Public Safety Tax Referendum failed to pass. It would've added a half percent sales tax. At the August 11th White County Board meeting, members voted unanimously to allow voters a chance to reconsider, this time with a full one percent added to sales tax if it passes. Though the decision to place the question on the November ballot was passed with yes votes from all board members, it wasn't without discussion and discord. The opportunity to keep kicking a decision on placing the question on this November's ballot had reached it's expiration.

Illinois' final step out of Gov. J.B. Pritzker's multi-phased shutdown of Illinois' economy to stave off the spread of COVID-19 is a widely distributed vaccine. New polling shows a broad swath of the population would refuse to take it. A new Marist poll shows 35 percent of adults across the nation would not get a COVID-19 vaccination. That number increases to nearly 45 percent if the respondents are either Republican, white women without a college education, members of Generation X, or they live in a small city or rural area. Women, regardless of political party, race, location or age, are far more likely to refuse a vaccine for COVID-19. Skepticism is also split along party lines, with 71 percent of Democrats saying they would get a vaccine compared to 48 percent of Republicans. The only group who had more than 80 percent say they would get the shot were white, college-educated men. Eighty percent vaccination rate is considered the bare minimum for herd immunity.

| | | | |
|------------------------------------------------------------------------------------------------------------------|-----------------|----------------------------------|------------------------------|
| <p>Interview with Teri Cain and Chris Dennis from SISUPRT Council (a division of Egyptian Health Department)</p> | | <p>8/26/2020 9am - 9:30am</p> | <p>30 minutes</p> |
| <p>White County Board Meeting</p> | <p>9/9/2020</p> | <p>6a, 7a, 8a, 10a, noon, 5p</p> | <p>4 minutes each report</p> |

Teri is the Recovery Oriented System of Care Coordinator. Chris Dennis is an overdose prevention educator in recovery himself. The pair talk about reducing the stigma behind addiction as well as some upcoming events including National Night Out and Speaking Up for Recovery.

White County Clerk Beth Sell says her office sent out more than 9,000 mail in voting applications including every registered voter in the last 3 elections. As of Tuesday morning, her office had received more than 920 of those applications back requesting a mail in ballot. Also discussed, the board got an update on the Ranger Power solar farm planned for rural White County. Representatives from Big River Solar were on hand asking for an amendment to their permit asking for an additional 660 acres of their current location. The 149 megawatt solar electric generation facility will generate enough energy to power approximately 22,000 single family homes once complete according to the company. The 153 million dollar project will create an estimated 499 new local jobs during construction, 20 new local long term jobs for White County, more than 28.2 million dollars in estimated new local earnings during construction, nearly 16 million dollars in estimated property taxes over the lifetime of the project.

InfoTrak

Call Letters: WRUL

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2020

Show # 2020-27

Date aired: 7-5-20 Time Aired: 5:00AM

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

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

Issues covered:

Length: 9:54

**Consumer Matters
Career**

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

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

Issues covered:

Length: 7:11

**Personal Health
Technology**

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

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

Issues covered:

Length: 5:00

**Education
Youth at Risk**

Show # 2020-28

Date aired: 7-12-20 Time Aired: 5:00 AM

Sean O'Leary, MD, Associate Professor, Pediatrics-Infectious Diseases at the University of Colorado School of Medicine, Director of the Colorado Pediatric Practice-Based Research Network, member of the American Academy of Pediatrics Committee on Infectious Diseases

As the school season approaches and the pandemic continues, administrators are struggling with plans to educate the nation's children. Dr. O'Leary was an author of new guidelines from the American Academy of Pediatrics that encourages having students physically present in school. He explained why remote learning has largely failed, and emphasized that there are major health, social and educational risks to keeping children at home.

Issues covered:

Length: 9:06

**Education
Coronavirus**

Morgan Seybert, Managing Director of US analytics at Nielsen

In the aftermath of consumer panic connected to COVID-19, Americans are now finding fewer choices on store shelves. Mr. Seybert said some companies plan to stick with fewer choices when the pandemic fades. He noted that baby care products, tobacco and frozen goods have seen the biggest reductions in varieties offered. He said restaurants are also thinning menus as the virus changes how they can seat and serve customers.

Issues covered:

Length: 8:08

**Consumer Matters
Economy
Coronavirus**

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

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

Issues covered:

Length: 4:57

**Education
Parenting**

Show # 2020-29

Date aired: 7-19-20 Time Aired: 5:00 AM

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

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

Issues covered:

Length: 9:29

**Identity Theft
Consumer Matters**

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

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

Issues covered:

Length: 7:40

**Women's Issues
Senior Citizens
Retirement**

Jonathan Dirlam, doctoral student in Sociology at Ohio State University

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

Issues covered:

Length: 4:57

**Mental Health
Career**

Show # 2020-30

Date aired: 7-26-20 Time Aired: 5:00 AM

Federico E. Vaca, PhD, Professor of Emergency Medicine and Director of the Yale Developmental Neurocognitive Driving Simulation Research Center (DrivSim Lab)

Teens are getting drivers licenses later than previous generations and missing critical safety training as a result, according to Dr. Vaca's research. He discussed the importance of Graduated Driver Licensing requirements, which are typically not required after a person turns 18. He outlined potential policy changes that could expand and improve driver safety training, regardless of age.

Issues covered:

Length: 8:26

**Traffic Safety
Teen Concerns**

John-Tyler Binfet, PhD, Psychologist, Associate Professor of Education at the University of British Columbia Okanagan

Dr. Binfet discussed his research into kids and kindness, which challenges media stereotypes that teens are common perpetrators of bullying, cyber harassment and schoolyard fights. He said most parents would be surprised at how kind their children are to others outside of the home. He also suggested ways for parents to encourage their kids to be kind.

Issues covered:

Length: 8:48

**Children's Issues
Parenting
Mental Health**

Daniel Soques, PhD, Assistant Professor of Economics at the University of North Carolina
Wilmington

The reaction to COVID-19 shutdowns has led to an unexpected coin shortage nationwide, causing some businesses to notify customers that they have no change to give, or to encourage only electronic transactions. Prof. Soques explained the factors behind the shortage and what steps are being taken by the Federal Reserve to address it. He also said that moving away from physical cash and coins disproportionately affects low income and homeless people.

Issues covered:

Economy
Consumer Matters
Government
Poverty

Length: 5:03

Show # 2020-31

Date aired: 8-2-20 Time Aired: 5:00 AM

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

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

Issues covered:

Education
Parenting

Length: 9:00

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

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

Issues covered:

Women's Issues
Workplace Matters

Length: 8:13

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

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

Issues covered:

Personal Health
Crime

Length: 4:55

Show # 2020-32

Date aired: 8-9-20 Time Aired: 5:00 Am

Sofia Cienfuegos, Dietitian, Intermittent Fasting Researcher, Human Nutrition PhD Candidate at the University of Illinois at Chicago

Ms. Cienfuegos led a study that examined the effectiveness of intermittent fasting for weight loss. She found that obese adults lost an average of 3% of their body weight in two months without counting calories, simply by confining their eating to a 6-hour window each day. She said the weight loss led to other significant health improvements, as well.

Issues covered:

Length: 8:00

**Personal Health
Obesity
Nutrition**

Simone Bruce, Psy.D., visiting therapist at the Behavioral Wellness Clinic in Connecticut, expert in mental health issues related to racism and discrimination

Dr. Bruce said that the impact of race-based stress and trauma on the mental health of black people has been ignored far too long. She said that mental health professionals' lack of education in this area often results in misdiagnosis and mistreatment. She explained how the death of George Floyd sparked a serious increase in stress, anxiety and fear in the black community.

Issues covered:

Length: 9:23

**Racism
Mental Health**

Merete Berg Nasset, Norwegian University of Science and Technology

Domestic violence is on the rise, partly as a result of COVID-19 lockdowns. Prof. Nasset led a study that found that anger management treatment for offenders can have dramatic results in the prevention of physical and emotional violence. She found that two forms of treatment, cognitive-behavioral group therapy and a stress management course based on mindfulness, worked equally well. Prior to treatment, 85% cent of the male study subjects used physical violence that resulted in harm to their partner. After treatment, the percentage fell to 10%.

Issues covered:

Length: 5:02

**Domestic Violence
Mental Health**

Show # 2020-33

Date aired: 8-16-20 Time Aired: 5:00 Am

Sophie Egan, former Director of Health and Sustainability Leadership for the Strategic Initiatives Group at The Culinary Institute of America, author of "*How to Be A Conscious Eater: Making Food Choices That Are Good for You, Others, and the Planet*"

Ms. Egan offered easy-to-remember suggestions for making practical decisions about food. She explained why the organic label is important for certain specific foods. She outlined the concerns relating to some canned foods, particularly for children and pregnant women. She also explained how to choose foods that have the least impact on the environment.

Issues covered:

Length: 8:55

Nutrition
Food Safety
Environment
Consumer Matters

Bindu Kalesan, PhD, MPH, Assistant Professor of Medicine, Assistant Professor of Community Health Services at the Boston University School of Public Health

Dr. Kalesan led a study that examined gun suicides in rural America. She said that rather than firearm confiscation, efforts to reduce these suicides should be focused on addressing other diseases of despair which are connected to suicide, such as heart and liver diseases, diabetes and accidental opioid overdose. She said it is critical that those at risk of suicide and opioid addiction are treated by mental health professionals, rather than just untrained support from families or friends.

Issues covered:

Length: 8:29

Suicide
Mental Health
Gun Control
Drug Abuse

S. Vincent Rajkumar, MD, hematologist and researcher at the Mayo Clinic

The concept of herd immunity has sparked debate about whether it would control the spread of COVID-19. Dr. Rajkumar explained the two weapons the human body uses to fight the virus: antibodies and T cells. He also discussed whether immunity to COVID-19 can decrease with time.

Issues covered:

Length: 5:04

Personal Health
Coronavirus

Show # 2020-34

Date aired: 8-23-20 Time Aired: 5:00 Am

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

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

Issues covered:

Length: 8:36

Senior Citizens
Retirement Planning

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

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

Issues covered:

Education
Consumer Matters
Parenting

Length: 8:38

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

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

Issues covered:

Girl's Issues
Parenting

Length: 5:01

Show # 2020-35

Date aired: 8-30-20 **Time Aired:** 5:00 AM

Laura Makaroff, DO, Senior Vice President of Prevention and Early Detection at the American Cancer Society

The American Cancer Society has updated its guidelines for diet and physical activity for cancer prevention. Dr. Makaroff said the new recommendations increase the suggested levels of physical activity and place an increased emphasis on reducing the consumption of processed and red meat, sugar-sweetened beverages, processed foods, and alcohol.

Issues covered:

Cancer Prevention
Personal Health
Physical Fitness

Length: 8:05

Christine Carter, PhD, sociologist, Senior Fellow at the Greater Good Science Center at the University of California Berkeley, author of *"The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction"*

Prof. Carter discussed recent parenting research, along with her own real-world experiences as the mother of four teenagers. She also said that teens are struggling more than ever with suicidal thoughts, depression and anxiety, and that many of the challenges facing today's teens didn't exist when their parents were young. She outlined what she believes are the three most critical skills that parents need to teach their kids.

Issues covered:

Parenting
Teenage Concerns
Mental Health

Length: 9:12

Rachel Lampert, MD, Associate Professor of Medicine at Yale School of Medicine

Arrhythmias and sudden cardiac arrests are blamed for 400,000 deaths annually in the US. Dr. Lampert's research has found that anger and other negative emotions may be a major factor in many of these cases. She explained how stress and anger may affect electrical impulses in the heart, and discussed several methods of dealing with stress and anger.

Issues covered:
Personal Health
Mental Health

Length: 5:00

Show # 2020-36

Date aired: 9-6-20 Time Aired: 5:00 AM

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

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

Issues covered:
Education
Parenting

Length: 7:39

Laura Adams, Senior Insurance Analyst for insuranceQuotes.com

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

Issues covered:
Consumer Matters
Home Ownership

Length: 9:26

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

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

Issues covered:
Personal Health
Consumer Matters
Government Spending

Length: 4:55

Show # 2020-37

Date aired: 9-13-20 Time Aired: 5:00 AM

Sam Emaminejad, PhD, Assistant Professor of Electrical and Computer Engineering at the UCLA Samueli School of Engineering

Prof. Emaminejad has developed an add-on for existing smartwatches that allows the device to monitor drug levels inside a person's body in real time. He said the wearable technology could be incorporated into a more personalized approach to medicine – where an ideal drug and dosages can be tailored to an individual. He believes the cost will be low and it could be available to consumers within two or three years.

Issues covered:
Personal Health
Technology

Length: 8:52

Lisa Boucher, RN, author of *"Raising the Bottom: Making Mindful Choices in a Drinking Culture"*

Ms. Boucher said many Americans quarantined are feeling more and more disconnected, which can easily lead to substance abuse. She added that people who may already have drinking problems are drinking more because they are alone, and alcohol can be easily ordered online and delivered to their homes. She outlined warning signs and what help is available for those struggling with alcohol abuse.

Issues covered:
Substance Abuse
Coronavirus

Length: 8:18

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

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

Issues covered:
Education
Government Policies

Length: 5:03

Show # 2020-38

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

Danielle Holly, CEO of Common Impact, a nonprofit organization headquartered in Boston, which encourages skills-based volunteerism

Ms. Holly's organization recently issued a report that examined the impact of the COVID-19 pandemic on nonprofit organizations. She said the effect has been staggering, and the skills and expertise of corporate employees are a critical part of restoring and sustaining non-profit organizations. She outlined the core challenges different non-profit groups are facing, and ways that Americans can help, through philanthropic and skilled volunteer support.

Issues covered:
Volunteerism
Charitable Contributions
Coronavirus

Length: 8:44

Ray Dorsey, MD, David M. Levy Professor of Neurology and Director of the Center for Health + Technology at the University of Rochester Medical Center, co-author of *"Ending Parkinson's Disease: A Prescription for Action"*

Dr. Dorsey said brain diseases are now the world's leading cause of disability. The fastest growing of these is Parkinson's: the number of impacted patients has doubled to more than six million over the last twenty-five years and is projected to double again by 2040. He believes more resources must be placed into research, because while cases are on the rise, the most effective treatment is now a half century old.

Issues covered:
Parkinson's Disease
Personal Health

Length: 8:34

Catherine Ettman, doctoral student at the Boston University School of Public Health

Ms. Ettman led a first-of-its-kind study at the Boston University School of Public Health that found that the number of American adults with depression symptoms had tripled as of mid-April, when 96% of the U.S. population was living under some form of COVID-19 lockdown order. She said that the study also found that a person with less than \$5,000 in savings was 50% more likely to have depression symptoms than someone with more than \$5,000.

Issues covered:
Mental Health
Coronavirus

Length: 5:07

Show # 2020-39

Date aired: 9-27-20 Time Aired: 5:00AM

Karen L. Margolis, MD, MPH, Executive Director of Research at HealthPartners Institute in Minneapolis

Dr. Margolis led a study that found that people enrolled in a pharmacist-led telemonitoring program to control high blood pressure were about half as likely to have a heart attack or stroke compared to those who received routine primary care. She explained how the approach differs from typical treatment programs. She also found that, with fewer medical complications, telemonitoring and phone visits translated into a \$1,900 savings on average, per patient.

Issues covered:
High Blood Pressure
Personal Health

Length: 9:59

Honora Englander, MD, Associate Professor of Medicine in the Oregon Health & Science University School of Medicine

Opioid abuse and overdoses are rising rapidly, in the wake of COVID-19 lockdowns. Dr. Englander studied 486 patients who entered an in-hospital addiction medicine intervention at OHSU, and found that three-quarters came into the hospital using more than one substance. She said medical personnel must be ready to offer additional support to patients using multiple drugs. She said participants in general abused fewer substances in the months after working with the hospital-based addictions team than before.

Issues covered:
Drug Addiction

Length: 7:12

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

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

Issues covered:

Stalking
Youth at Risk
Mental Health

Length: 5:07