

WRUL Issues 2nd Quarter 2019

CARMÍ, ILLINOIS

Quarterly Issues Report for station WRUL				
for the 2nd Quarter of 2019				
Description	Date	Time Aire	Duration	Description of program/Subject of program
(B) Open House to discuss addition of Bike Mountain Trail to Glendale Trail System	2-May-19	17-Apr-19	2 minutes	Centrally located the Lake Glendale area has a history of being popular with trail enthusiasts. Shawnee National Forest (NF) is seeking input on a proposal to add mountain bike use to a trail system at Lake Glendale Recreation Area. The 2006 Shawnee NF Land and Resource Management Plan allows for the possibility of designating such trails.
(A) Hamilton County Board Mtg	16-Apr-19	18-Apr-19	4 minutes	Meeting precluded by Open House on proposed improvements to 23 miles of rural county roads. Those roadways, currently gravel, will be upgraded to an all weather surface and stabilized base. Meeting issues included discussion on Nuisance Ordinance.
(C) Grayville City Council Mtg	22-Apr-19	18-Apr-19	4 minutes	Issues include Collective Bargaining, Discussion and Adoption of the 2019/2020 Budget, city owned estate sales, bids on a concrete retaining wall the city says is needed due to flooding/erosion issues, and the hiring of a city swimming pool manager.

- (A) - INFRASTRUCTURE ISSUES
- (B) - HEALTH + SAFETY ISSUES
- (C) - BUDGETS / SPENDING PRIORITIES
- (D) - ECONOMY / PRIORITIES
- (E) - EDUCATION PRIORITIES

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(A)

<p>McLeansboro City Council - Special Meeting</p>	<p>30-Apr-19</p>	<p>April 30, 2019</p>	<p>16 minutes</p>	<p>City Employee Accused of Stealing in excess of \$120,000 worth of city property. The city originally called a special meeting on Tuesday, April 23rd. And at that meeting, it was allegedly discussed that Joiner had purportedly stolen or taken advantage of somewhere in the neighborhood of \$123,000 worth of equipment, tools and chemicals over 3 years time. In addition to suspending employee in question, City moved to officially suspend all business dealings and transactions with the following businesses: Universal, LLC, SourceOne, and LD Supply, and Universal Incorporated.</p>
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(B)

<p>Illinois Patriots Town Hall</p>	<p>6-May-19</p>	<p>May 3, 2019</p>	<p>3 minutes</p>	<p>The Illinois Patriots Organization, an apparently fairly new local group is hosting a Town Hall Meeting on Monday, May 6th. The get together is planned for 6pm at 304 East Robinson in Carmi, the Farm Bureau Building, according to a release from member Kelli Chapman. Among the featured speakers will be Illinois State Representative Darren Bailey, who is co-sponsoring the event. He is slated to talk about hot button legislation in Springfield. State Senator Dale Righter is also expected and will inform attendees on current proposed legislation in Illinois. Andrew Nelms, the Illinois State</p>
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(C)

<p>Carmi City Council Meeting</p>	<p>7-May-19</p>	<p>May 6, 2019</p>	<p>4 minutes</p>	<p>Jeremy Courson and James "Jim" Totten will be sworn in and officially take their seats at the Carmi City Council meeting scheduled for 6pm this coming Tuesday, May 7th. City Attorney Greg Stewart will administer the Oaths. Mike Knight and Mark Blake will be re-sworn in.</p>
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(B)	<p>With No Official Report from Law Enforcement, Radio Station Digs for Answers</p>	15-Apr-19	5-May-19	8 minutes	<p>No official report was ever issued forcing radio station news personnel to dig into what happened during an inmate escape while he was in court facing charges. This prompted discussion with States Attorney and Sheriff on timely release of information that's public.</p>
(D)	<p>USDA Extends Market Facilitation Program because of delayed planting</p>	6-May-19	May 6, 2019	5 minutes	<p>USDA extended the deadline to May 17, 2019 from May 1, 2019 for agricultural producers to certify 2018 crop production for payments through the Market Facilitation Program (MFP), which helps producers who have been significantly affected by foreign tariffs, resulting in the loss of traditional exports. USDA's Farm Service Agency (FSA) extended the deadline because heavy rainfall and snowfall have delayed harvests in many parts of the country, preventing producers from certifying acres.</p>
(D)	<p>Farm Bureau's Respond to Tarriffs</p>	13-May-19	14-May-19	6 minutes	<p>Illinois Farm Bureau President along with Wayne/White County Farm Bureau Manager issue statements regarding recent tarriff increase imposed on Chinese imports. Farm Bureau leaders say local farmers bear the brunt of Trade Wars.</p>
(C)	<p>Social Security Representative Interview</p>	15-May-19	15-May-19	30 minutes	<p>Interview with Brian Eairheart on variety of topics that matter to the public. In addition to topics the News Director comes up with, the public is encouraged to either call in during the interview or to submit questions via email or social media in advance.</p>

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<p>Carmi White County Unit 5 School Board Mtg</p>	<p>20-May-19</p>	<p>21-May-19</p>	<p>4 minutes</p>	<p>Among the meeting coverage, Rod Wright, representing UNICOM-A.R.C. addressed the board for half an hour about a strategy for coordinating a community agreement/communication program to gather and evaluate input from the community concerning facility improvements and renovations to Lincoln, Jefferson and Washington Schools on construction of a new PreK-6 or PreK-8 school building. UNICOM has worked with other communities in the state on school renovations. The plan would include putting together a task force and presenting a report to the board by the end of the year, then possible putting a measure on the ballot next year.</p> <p>The board approved entering into an agreement for renewal of a school resource officer with the City of Carmi and the Police Department for the 2019-2020 school year. The district's share of the costs would increase about \$1,900 for the term of the contract. Carmi Police Chief Jason Carter said the department</p>
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<p>Enfield Village Board</p>	<p>21-May-19</p>	<p>22-May-19</p>	<p>3 minutes</p>	<p>The village board members were sworn in: Terry Harrison, Mary Dormer, Judy Beth Palmiter, Jim Bolin and Maury Black, who were re-elected; and Jim Fechtig, who was appointed to fill out the two-year unexpired term of Aaron Dauby.</p>
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<p>Legalization of Recreational Marijuana</p>	<p>30-May-19</p>	<p>30-May-19</p>	<p>2 minutes</p>	<p>Update on the bill as it moved through the legislature.</p>
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<p>New Casino Headed to So. IL</p>	<p>28-May-19</p>	<p>5-Jun-19</p>	<p>4 minutes</p>	<p>Info on an effort to expand gambling in Illinois could lead to a new casino in the Heartland. On Tuesday, May 28 Senator Dale Fowler and other lawmakers on both sides of the aisle explained how they hoped to include Walker's Bluff, a vineyard in southern Illinois, in the gaming bill in the Senate. Fowler said he plans to transform the current resort into a "top-tier destination resort, welcoming hundreds of thousands of guests from around the world. Another hurdle was cleared to bring a casino to southern Illinois.</p> <p>According to Fowler, Walkers Bluff will receive the gaming license needed to move forward with an on-site casino. The large-scale construction project is expected to generate:</p> <ul style="list-style-type: none"> 1,250 construction jobs 726 permanent jobs \$15 million in local annual revenue \$34 million in local employment <p>The first order of business was discussion of the Carmi tennis courts, an issue the council has visited for a number of times. Carmi Mayor Jeff Pollard explained the back two courts could be refinished for close to \$25,000, with the single court expected to run a little over \$16,000. The mayor explained this is an issue the high school would like to see resolved prior to the August girls tennis season.</p>
<p>Carmi City Council Meeting</p>	<p>4-Jun-19</p>	<p>5-Jun-19</p>	<p>8 minutes</p>	<p>Alderman Steve Winkleman pointed out it was time to get this done.</p> <p>The council approved the motion and work will get underway in the near future. It was reported city crews will help with the ground work, which will help keep the cost of the project down.</p> <p>Don Davis, foreman at the Waste Water Treatment Plant reported on mounting problems</p>

(B)

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(B)

White County
Board Meeting

11-Jun-19

12-Jun-19	6 minutes

White County Animal Control Officer dismissal causes public uproar. That followed an executive session at the end of Monday's meeting to discuss personnel. Earlier in the meeting, a motion to allow the local animal control officer, Wayne Spicer to use volunteers to walk the dogs in the pound and help with their care died after the motion failed to receive a second. Apparently, Spicer's dismissal had a lot to do with social media, which Spicer has allegedly used in a derogatory manner against the county board members. Don Hoffman with Emling and Hoffman Accounting presented the audit, explaining that the county basically broke even in the 2018 audit. He said the audit did show a cash loss of about \$60,000 but overall he indicated the counties shape is not good or not bad, again saying it broke even. He did indicate there may need to be some changes in the Sheriff's Department commissary account.

(B)

Hamilton
County Board
Mtg

18-Jun-19

19-Jun-19	5 minutes

Ongoing discussion between City and County representatives regarding intergovernmental agreement on Dispatching Services. Deadline is June 30th. Neither side has been able to come to an agreement on a new cost to the city.

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(C)

Greater Wabash Planning Commission Meeting	26-Jun-19			Greater Wabash Regional Planning Commission has received a grant from the Illinois Department of Transportation to conduct a planning study for a bike/walking path between Grayville, Illinois and New Harmony, Indiana. The result of this planning study will be a written report back to the Illinois Department of Transportation and the public. In conjunction with this study, a public meeting will be held at Crossville City Hall on Wednesday, June 26th, from 12-1 p.m. All interested persons and local community members are encouraged to attend. GWRPC will provide an overview of the study and welcome any questions or feedback about the bike/walking path plan.
		20-Jun-19	2 minutes	

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

treatment of those issues for the period of 4-1-19 to 6-30-19.

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

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Weekly Public Affairs Program

Call Letters: _____

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2019

Show # 2019-14

Date aired: 4-7-19 Time Aired: 5:00 AM

Van C. Tran, PhD, Associate Professor of Sociology at Columbia University

Prof. Tran was the co-author of a study that found that although Asian Americans graduate from universities at far higher rates than white Americans, they still are no more likely to hold professional or managerial jobs. He discussed the additional barriers and discrimination that Asian Americans face when trying to climb the career ladder, a phenomenon known as the "bamboo ceiling."

Issues covered:
Discrimination
Minority Concerns
Career

Length: 9:04

Nancy Rhodes, PhD, Associate Professor in the Department of Advertising and Public Relations at Michigan State University

Dr. Rhoades examined underage and binge drinking at colleges and found that peer approval is the primary reason that students do it. She said students don't want to admit they're influenced by friends, but the reality is they are seeking social acceptance. She offered advice to concerned parents.

Issues covered:
Underage Drinking
Youth at Risk

Length: 8:09

Marina Vance, PhD, Assistant Professor of Mechanical Engineering at the University of Colorado Boulder

Cooking, cleaning and other routine household activities generate significant levels of volatile and particulate chemicals inside the average home, leading to indoor air quality levels on par with a polluted major city, according to Dr. Vance's research. She said that most homes are not properly ventilated and that gas stoves cause more indoor air pollution than electric ones.

Issues covered:
Pollution
Consumer Matters
Housing

Length: 5:07

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Show # 2019-15

Date aired: 4-14-19 Time Aired: 5:00 Am

Robert Sholly, domestic counterterrorism expert, retired army colonel with experience in counterterrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

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

Issues covered:

**Terrorism
Personal Protection
Emergency Preparedness**

Length: 9:07

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

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

Issues covered:

**Youth at Risk
Crime
Prison Reforms
Minority Concerns**

Length: 7:59

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

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

Issues covered:

**Youth at Risk
Crime**

Length: 5:07

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Show # 2019-16

Date aired: 4-21-19 Time Aired: 7:00 Am

Kate O'Neill, PhD, Associate Professor in the Department of Environmental Science, Policy and Management at University of California Berkeley

For nearly three decades, recyclable materials from the US were shipped cheaply to China for processing. However, in the past year, China has stopped accepting virtually all of it. Dr. O'Neill said as a result, local governments and the recycling industry are now facing an unprecedented recycling crisis, especially in plastics. She estimated that, at least for now, nearly 100% of recyclable materials are going into landfills. She discussed the steps that the waste industry is taking to try to fix the problem.

Issues covered:

**Recycling
Environment
Consumer Matters**

Length: 9:37

Deanna Barch, PhD, Professor of Psychology, Professor of Radiology, chair of the Department of Psychological & Brain Sciences in Arts & Sciences and the Gregory B. Couch Professor of Psychiatry at Washington University School of Medicine in St. Louis

Dr. Barch was the senior author of a study that linked participation in team sports to larger hippocampal volumes in children and less depression in boys ages 9 to 11. The hippocampus is a brain region that plays an important role in memory and how we respond to stress. She said the evidence was particularly strong for children participating in sports that involved structure, such as a school team, a non-school league or regular lessons, as compared to more informal engagement in sports.

Issues covered:

**Childhood Depression
Mental Health
Youth Sports**

Length: 7:29

Arielle O'Shea, investing and retirement specialist, Nerdwallet.com

Banks are paying customers to open savings and checking accounts. Ms. O'Shea said bank account sign-up bonuses may not be as widespread as credit card perks, but they can be lucrative. She outlined some of the fine print consumers need to be aware of before accepting a bonus offer.

Issues covered:

**Personal Finance
Consumer Matters**

Length: 5:04

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Show # 2019-17

Date aired: 4-28-19 Time Aired: 5:00 Am

Kartik Hosanagar, PhD, John C. Hower Professor of Technology and Digital Business and a Professor of Marketing at the Wharton School of the University of Pennsylvania, author of *"A Human's Guide to Machine Intelligence: How Algorithms Are Shaping Our Lives and How We Can Stay in Control"*

Computer algorithms and the artificial intelligence that underlies them make a staggering number of everyday decisions for nearly every American, from what products we buy, to how we consume our news or entertainment, to whom we date, and how we find a job. Dr. Hosanagar discussed the potentially dangerous biases algorithms can give rise to as they increasingly run our lives, and offered suggestions for consumers to regain control.

Issues covered:
Consumer Matters
Technology
Government Regulation

Length: 9:16

Jennifer L. Eberhardt, PhD, Professor of Psychology at Stanford, recipient of a 2014 MacArthur "genius" grant, author of *"Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do"*

Dr. Eberhardt talked about the numerous forms of bias hardwired into every human being. She said unconscious bias can be at work without our realizing it, even when we genuinely wish to treat all people equally. She explained how bias and racial inequality seeps into classrooms, police departments and businesses. She offered advice on how to recognize our own biases.

Issues covered:
Racism and Racial Bias
Law Enforcement

Length: 7:57

Alexander Fanaroff, M.D., Fellow, Cardiovascular Medicine, Duke University Medical Center

Dr. Fanaroff led a study that found that less than 10 percent of the treatment recommendations used by doctors to care for heart patients are based on evidence gained from multiple large, randomized clinical trials. He explained how the other 90 percent of treatments have come to be generally accepted by doctors. He hopes to see greater research to provide scientifically-supported treatment guidelines.

Issues covered:
Public Health Policy
Heart Disease

Length: 4:58

Show # 2019-18

Date aired: 5-5-19 Time Aired: 5:00 Am

Michael Mina, PhD, MD, Resident Physician in Clinical Pathology, Brigham and Women's Hospital, Harvard Medical School

Measles outbreaks are spiking worldwide. Dr. Mina discussed the reasons behind the soaring rate of infections. He noted that for even those who survive an outbreak, measles can compromise a person's immune system for up to two years afterwards. He said the MMR vaccinations are proven to be very safe and parents should not hesitate to have their children vaccinated.

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Issues covered:
Measles Outbreaks
Vaccinations
Public Health

Length: 9:14

Deborah Schwengel, MD, Assistant Professor of Anesthesiology and Critical Care Medicine at the Johns Hopkins University School of Medicine and Johns Hopkins Children's Center

Dr. Schwengel, led a comprehensive nationwide study that found that the rate of lawnmower injuries remains at a consistently high level, with most of them requiring surgery and hospitalization. She explained how the most common incidents occur and how adults can take steps to protect children from injury.

Issues covered:
Personal Injury Prevention
Child Safety

Length: 8:09

Tiffany Munzer, MD, Pediatric Developmental Behavioral Fellow at the University of Michigan

Dr. Munzer led a study that examined parents reading to their children in different book formats: enhanced electronic (with sound effects and/or animation), electronic, and print. The study found that traditional books provide the greatest opportunities for discussion, conversation and parent/child bonding. She said the flashing lights and loud sounds in most e-readers detract from the potential benefits of a shared reading experience.

Issues covered:
Early Childhood Learning
Literacy
Parenting

Length: 4:54

Show # 2019-19

Date aired: 5-12-19 Time Aired: 5:00 AM

William G. Gale, PhD, Arjay and Frances Miller Chair in Federal Economic Policy, Senior Fellow in the Economic Studies Program at the Brookings Institution

Most Americans are aware that the Social Security program will soon run short of money. Dr. Gale discussed the even shakier financial situations of Medicare and Medicaid. He said the Medicare trust fund will run out of money in 2026. He stressed the importance for Congress to either reduce costs, raise taxes or make other major policy changes soon.

Issues covered:
Government
Retirement Planning
Public Health

Length: 9:03

Megan Maas, PhD, Assistant Professor of Human Development and Family Studies at Michigan State University, certified sexuality educator

Teens spend hours every day on internet-connected devices, often with little or no supervision. Dr. Mass led a study that found that online sexual experiences can predict a teen's likelihood of becoming a victim of sexual assault one year later. She outlined the specific patterns of behaviors that can put teenagers at risk. She said she believes teens need to receive much better education to learn how online activities can affect their real life.

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Issues covered:
Sexual Assault
Youth at Risk
Parenting

Length: 8:12

Christopher Loftis, PhD, National Director for the U.S. Department of Veterans Affairs/U.S. Department of Defense Mental Health Collaboration

Veterans face a wide array of mental health and stress-related challenges when they return to civilian life. Dr. Loftis discussed the various forms of help available at Veterans Administration facilities and via community-based mental health resources where veterans live. He offered ideas to help family members and friends start the conversation about mental health.

Issues covered:
Veterans Issues
Mental Health

Length: 4:59

Show # 2019-20

Date aired: 5-19-19 **Time Aired:** 5:00 AM

Tina Seelig, PhD, Professor of the Practice in the Dept of Management Science and Engineering at Stanford School of Engineering, faculty director of the Stanford Technology Ventures, author of *"What I Wish I Knew When I Was 20 - 10th Anniversary Edition: A Crash Course on Making Your Place in the World"*

Many young people struggle as they make the transition from the academic environment to the professional world. Dr. Seelig discussed skills and thought processes that can lead to success and resilience in their adult lives. She also talked about the effectiveness of our nation's higher education system in preparing students for life.

Issues covered:
Education
Career

Length: 8:37

Tony Corbo, Senior Lobbyist for the Food Campaign at Food & Water Watch, an advocacy group that supports stricter food safety regulations

The Centers for Disease Control and Prevention has reported that the frequency of several types of food poisoning infections climbed last year, but that the increases could be the result of new diagnostic tools that help identify more cases. Mr. Corbo explained the complex system that tracks illnesses such as salmonella and campylobacter. He said illnesses connected to produce are on the rise, while meat and poultry cases are unchanged.

Issues covered:
Food Poisoning
Government Regulations

Length: 8:32

Robert M. Siegel, MD, Medical Director of the Center for Better Health and Nutrition of the Heart Institute at Cincinnati Children's Hospital Medical Center, Professor of Clinical Pediatrics at the University of Cincinnati

Dr. Siegel led a small study of middle school students, examining their cardiovascular risk factors. He found that a third of the children had abnormal levels of cholesterol or blood sugar, and several were found to have undiagnosed diabetes. He said every child should be routinely tested for cardiovascular risks, but only 25-30% are.

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Issues covered:
Children's Health

Length: 4:59

Show # 2019-21

Date aired: 5-26-19 **Time Aired:** 5:00 AM

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

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

Issues covered:
Education
Consumer Matters
Parenting

Length: 8:38

Laura Adams, Senior Insurance Analyst at insuranceQuotes.com

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

Issues covered:
Traffic Safety
Consumer Matters

Length: 8:35

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

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

Issues covered:
Senior Citizens
Retirement Planning

Length: 4:57

Show # 2019-22

Date aired: 10-2-19 **Time Aired:** 5:00 AM

David Swenson, PhD, Associate scientist in the Department of Economics, Iowa State University

While a number of metropolitan regions across the US are struggling, many more midsize and rural counties are wrestling with long-term decline. Dr. Swenson explained why most of the country's smaller urban and rural counties are not growing in terms of population and jobs, and will not grow in the future. He said government policies need to address the issue and assure access to necessary public services and modern technologies, to ensure that rural residents are connected to society.

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Issues covered:

Rural Concerns
Employment
Economy

Length: 9:01

Lauren Stiller Rikleén, President of the Rikleén Institute for Strategic Leadership, author of *"The Shield of Silence: How Power Perpetuates a Culture of Harassment and Bullying in the Workplace"*

Ms. Rikleén discussed workplace misconduct, sexual harassment and other negative behaviors on the job. She believes the best way to address these problems is to eliminate the fear of retribution against those who report the misconduct. She said that change is also needed in the court system because judges and juries often discount the credibility of victims and are reluctant to hold employers accountable.

Issues covered:

Sexual Harassment
Workplace Matters
Women's Concerns

Length: 8:16

Kevin Estela, author of *"101 Skills You Need to Survive in the Woods"*

Mr. Estela outlined essential skills and tools that can be helpful to anyone in an emergency situation, particularly on camping trips and other outdoor activities. He also discussed the importance of being mentally prepared to act in the event of a life-threatening emergency.

Issues covered:

Emergency Preparedness
First Aid

Length: 5:00

Show # 2019-23

Date aired: 6-9-19 Time Aired: 5:00 AM

Stefanos N. Kales, MD, MPH, Professor of Medicine at Harvard Medical School, Professor and Director of the Occupational and Environmental Medicine Residency at the Harvard T.H. Chan School of Public Health

Dr. Kales co-authored a recent study that suggested that the number of push-ups a middle-aged man can perform might be a strong indication of his overall heart health. He found that men who can do more than 40 pushups in one minute have a 96 percent reduced risk of heart attack, stroke and heart disease compared with men who could muster fewer than 10. He also noted that push-up capacity appears to be a better and obviously less costly measurement of heart health than the standard treadmill test routinely used by cardiologists.

Issues covered:

Personal Health
Healthcare Spending
Physical Fitness

Length: 8:27

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Karen Page Winterich, PhD, Associate Professor of Marketing, Frank and Mary Smeal Research Fellow, Penn State University

Dr. Winterich's research team conducted six studies that found that when consumers are aware that recyclables are transformed into new items, they recycle more. She believes that improving consumer education should be a priority for any organization seeking to increase recycling.

Issues covered:
Recycling
Consumer Matters

Length: 8:54

Patricia Thompson, Ph.D., corporate psychologist and management consultant, author of *"The Consummate Leader: A Holistic Guide to Inspiring Growth in Others...and in Yourself"*

Dr. Thompson talked about the value of a mental health break from work, which can mean heading out early for the rest of the day or stepping away from the pressures of work for 15 minutes. She explained how employees can successfully request a mental health break, and what to do during one to mentally recharge.

Issues covered:
Mental Health
Workplace Matters

Length: 4:57

Show # 2019-24

Date aired: 10-10-19 Time Aired: 5:00 PM

Joshua Gotbaum, Guest Scholar in the Economic Studies Program at The Brookings Institution, Chair of the Maryland Small Business Retirement Security Board

Mr. Gotbaum said the retirement industry has spent decades largely sidestepping perhaps the biggest question most Americans have about retirement planning: how much of their earnings should they be saving? He cited research from the Employee Benefits Research Institute that recommends saving at least 10% of each paycheck. He stressed that Millennials should begin saving in earnest as soon as they enter the workforce.

Issues covered:
Retirement Planning
Personal Finance

Length: 8:36

David Andrews, Ph.D., Senior Scientist, Environmental Working Group

A recent investigation by the Food and Drug Administration found toxic per- and poly- fluoroalkyl substances, or PFAS, in a wide variety of produce, meats and processed foods. Dr. Andrews outlined the health dangers. He said food packaging is a major source of the chemicals, along with contaminated water and soil used to grown the food. He would like to see greatly increased government regulation and monitoring of the chemicals.

Issues covered:
Food Safety
Environment
Government Regulation

Length: 8:48

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Rachel Moon, MD, Pediatrician and Researcher at the University of Virginia Children's Hospital

Dr. Moon was the lead author of a study that found that babies are dying in car seats when the child is out of the car and sleeping. When looking at infant deaths in sitting devices, like car seats and strollers, her team found that more than two-thirds occurred while in car seats. In those cases, parents were using the car seats as directed less than 10% of the time. She stressed the importance of educating parents to use a crib or bassinet when they are at home.

Issues covered:
Child Safety
Parenting

Length: 4:54

Show # 2019-25

Date aired: 6-23-19 Time Aired: 5:00 AM

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

Prof. Cooper led a study that found that stepping on the bathroom scale once per day may help to avoid weight gain. She said the average adult gains 1-2 lbs. over each vacation or holiday period, and normally doesn't lose it afterwards. She said although people may walk more and get other forms of physical activity during vacations, they tend to eat more.

Issues covered:
Personal Health
Obesity

Length: 9:31

Laurie Nadel, PhD, psychotherapist who specializes in treating acute stress, anxiety and PTSD, author of "The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes"

An American Psychiatric Association report found that Americans have experienced a 51% increase in anxiety levels in the past two years. Dr. Nadel said the report illustrates an epidemic of anxiety issues, including PTSD. She said it can be triggered just by watching disturbing images on electronic devices, causing what she terms "vicarious traumatization." She outlined five techniques that may help those suffering from mental trauma.

Issues covered:
PTSD
Mental Health

Length: 8:48

Julie Angwin, Pulitzer Prize-winning investigative journalist, author of "Dragnet Nation: A Quest for Privacy, Security and Freedom in a World of Relentless Surveillance"

Ms. Angwin explained why Americans should be concerned about the rapidly increasing ways that the government, private companies, and even criminals use technology to indiscriminately sweep up vast amounts of our personal data. She outlined tools that people can use to reduce their digital footprint.

Issues covered:
Privacy
Government Policies
Consumer Matters

Length: 5:02

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Show # 2019-26

Date aired: 10-30-19 Time Aired: 5:00 AM

Rick Smith, Warning Coordination Meteorologist at the National Weather Service in Norman, OK

Over the past two decades, there have been major changes in tornado forecasting technology and how Americans receive alerts. Mr. Smith discussed the latest developments and what everyone needs to know to stay safe. He said the number or intensity of tornadoes hasn't changed, but media attention has increased, partly because nearly every tornado is now captured on a smartphone camera.

Issues covered:
Tornado Preparedness

Length: 9:49

Laura Condon, PhD, Assistant Professor of Hydrology and Atmospheric Sciences, University of Arizona

Dr. Condon led a study that found that groundwater pumping in the last century, for drinking water and agricultural use, has contributed as much as 50 percent to stream flow declines in some US rivers. She explained why this is such a serious concern and what can be done by communities and individuals to conserve water resources.

Issues covered:
Environment
Water Conservation
Government Policies

Length: 7:28

Mathew White, PhD, Environmental Psychologist and Senior Lecturer from the University of Exeter Medical School in Devon, England

It's common knowledge that being outdoors and around nature is a healthy thing. Dr. White led a study that measured exactly how much outdoor time is necessary for improved health. He found that two to four hours per week is the sweet spot, and it can be done in bits and pieces over the course of a week. He added that the benefits were especially helpful for those with longstanding illness or disabilities.

Issues covered:
Personal Health
Environment
Disabilities

Length: 5:14