

Quarterly Issues Report for station WRUL-fm
for the 1st Quarter of 2021

Description of Issue	Date	Time Aired	Duration	Description of program/Subject of program
Norris City Village Board Reluctantly Agrees to County Dispatch Agreement	1/5/2021	6a, 7a, 8a, 10a, noon, 5p	5 minutes	Among the topics covered, board agrees to new dispatch agreement despite cost and inability to get meeting with Sheriff's Dept, permits for road boring for new water line project, passed resolution barring sale of liquor/gaming licenses for Sundays.
Wabash County Schools Report 50% of Students Receiving a Failing Grade	1/6/2021	6a, 7a, 8a, 10a, noon, 5p	5 minutes	As part of the struggles with teaching during a pandemic, a local school district says districts says they have tried a number of different plans including going fully remote, an A/B schedule, and a full return to classroom learning and still about 50 percent of the student body received at least one "F" during the past semester.
Regional Counties See Spike in Cases; 10% of White County has now Had/Has COVID-19	1/8/2021	6a, 7a, 8a, 10a, noon, 5p	5 minutes	Latest update of new cases from regional counties includes outbreak at long term assisted living facility and numbers reveal 10% of White County has now been infected.

WRUL - CARMIL, IL

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				<p>Local law enforcement, States Attorneys, and law enforcement speak out against a bill they say would drastically change and impede the way law enforcement carries out their duties. The proposed legislation is broad, including everything from ending cash bail to expanding police training on use of force, crisis training and prohibiting chokeholds. Proponents of the measure meanwhile have brushed aside the law enforcement criticism of the bills as "fear mongering."</p>
<p>Local, Regional, and State Leaders Weigh In on HB163</p>	<p>1/11/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>8 minutes</p>	
<p>White County Board Meeting; Housing Authority Board Members Allege Wrongdoing by Executive Director</p>	<p>1/13/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>5 minutes</p>	<p>The White County Housing Authority serves Norris City, Crossville and Grayville with a total of 115 housing units specifically for the elderly and low income families. According to Commissioners Charles "Skip" Land and Terry Daubs, there's wrongdoing happening and it starts with Executive Director Leigh Short. Both men were at the White County Board meeting Tuesday night and for nearly 25 minutes, laid out their concerns with how the agency is being run. Land alluded to a variety of complaints and issues alleging he was told by both the chairperson Christine Wells as well as the agency attorney that their meetings weren't recorded "because it might come back to haunt us."</p>

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				<p>On the agenda was an Amendment to Zoning Ordinance and Zoning Permit Request for the R2 District, seeking approval of installation of a Pet Cremation Facility to be located at 225 W. Sycamore St. The owner of the proper, Mr. Muncie, was in attendance to address the Council's questions and concerns. Some of the questions from the Commissioners and Mayor concerned the scope of the cremations to be held on location, if there would be an issue with odor, and the timeline to be in operation by; should the amendment be</p>
<p>Grayville City Council Considers Zoning Ordinance and Permit for Pet Cremation Facility</p>	<p>1/15/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>4 minutes</p>	
<p>Carmi White County Unit 5 School Board Meeting</p>	<p>1/20/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>4 minutes</p>	<p>Superintendent Brad Lee noted that as of the end of the first semester, approximately 17% of the students in grades six through 12% were failing at least one academic subject. Even though it's a larger number than in past years, it's still lower than in many surrounding districts. With additional funding from the Emergency Relief Fund, they are working to lower the percentage of students failing by the end of the school year. The district will receive \$1,255,536 in COVID-19 Relief funding. Even though they've not received a lot of guidance on how to use the funds, the Illinois State Department of Education has recommended channeling the funds to mitigate learning loss, closing the digital divide and addressing the mental health needs of the students.</p>

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				Among the topics covered, there was a heated discussion about the cost and value of employing the services of Bellwether for Administrative services followed the consent agenda prompted by board member Kelly Woodrow, elected to return to the county board this November for the first time
Hamilton County Board Meeting	1/20/2021	6a, 7a, 8a, 10a, noon, 5p	5 minutes	since the 90's. Woodrow raised concerns about whether the county was receiving an astute value for the pricetag. The county board members responded with examples of monies they've found or saved courtesy of Bellwether and specifically company founder Bruce DeLashmit. After 42 years in law enforcement, 39 with White County and 18 as the Sheriff, Doug Maier says it's time to retire. Sheriff Maier spent his first 3 years in law enforcement in Wabash County before serving 21 years as a White County Deputy. He was elected to the county's top law enforcement post in 2002. Maier commented on the upcoming legislation, HB163 and the difficulties he sees in finding and keeping good law enforcement officers if it passes, along with many other topics. His replacement, Randy Graves also discussed his goals and plans taking over the department.
Interview with Retiring White County Sheriff and Incoming Appointee	1/26/2021	6a, 7a, 8a, 10a, noon, 5p and on demand	6 minutes	Egyptian Health Department has opened a COVID-19 Vaccination Wait-List for individuals in Phase 1A and 1B who have not yet received their COVID-19 vaccine. Individuals that are on the wait-list will be called in the event that a vaccine appointment was canceled or when there are extra vaccines at the end of a clinic
Local Health Department Announces Wait List for CoVID-19 Vaccinations	1/27/2021	6a, 7a, 8a, 10a, noon, 5p	3 minutes	

			<p>The Illinois Department of Employment Security's December jobs report shows unemployment rates are up 4% from last year. Locally unemployment rates increased only slightly. White County's unemployment rate increased .5% (from 3.8% to 4.3%), Hamilton County had an increase of .6% (from 3.2% to 3.8%), Hardin County's unemployment rate, which was already high, increased .2% (from 6.1% to 6.3%), Wayne County also saw an increase of only .2% (from 4.3% to 4.5%), Edwards County increased .8% (from 4.3% to 5.1%).</p> <p>A New York Times report showed that Illinois ranks 47th out of the 50 states when it comes to vaccine roll-out. State Representative Adam Niemerg (R-Dieterich) said while Illinois has been one of the most restrictive states in the country when it comes to COVID19, the distribution so far has been a complete collapse. While Niemerg offered criticisms, he was unable to provide any ideas or ways to improve the process.</p>
<p>IDES (Illinois Department of Employment Security) Releases Monthly Update</p>	<p>1/29/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>3 minutes</p>
<p>Local Legislator Calls Out State Leaders for Slow Vaccine Rollout</p>	<p>1/29/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>4 minutes</p>

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Grayville City Council Meeting	10/27/2020	6a, 7a, 8a, 10a, noon, 5p	2 minutes
	2/2/2021	6a, 7a, 8a, 10a, noon, 5p	3 minutes

Health and Human Services
Announces CARES Act
Distributions for local
businesses

Fairfield National Bank is coming to Grayville it appears. At Monday night's Grayville Council meeting, a public hearing was held prior to the meeting for the sale of property at 110 East South Street in town. With no other bids, the property was sold for the price of just \$7,500. Jc Tinsley was at the meeting for WROY/WRUL News and reports the Grayville Police Department will be moving into a portion of the Little Wabash Fire Protection District's building. At Grayville's October 12th meeting, council voted to basically shutter the quickly dilapidating building the police were working out of. At the time, there was no clear direction, at least publicly, with regard to where law enforcement would go.

Through the fourth quarter of 2020, businesses in Carmi received \$241,206 and health-related relief from the CARES Act issued by the Department of Health and Human Services. According to numbers reported through the fourth quarter of 2020, businesses in Illinois received \$5.2 billion in health-related relief from the CARES Act issued by the Department of Health and Human Services.

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			<p>Carmi Police will be getting a new 2021 Dodge Ram in the coming months at the price of \$30,300. That's just \$510 more than the cost of last year's new truck through the state bid process. Carmi Mayor Jeff Pollard says the idea behind transitioning to trucks is once the entire fleet of police vehicles are trucks and it's time for a replacement, the department will then move those trucks to the City of Carmi's fleet instead of selling which he expects will save the city money over time through maintenance costs.</p> <p>Additionally, Chief Carter indicated that Officer Donna Huber has announced her intention to retire from the force after 24 years in January of 2022. With that, Carter asked council for approval to begin the process of finding a replacement officer. He says that process is lengthy.</p>
<p>Carmi City Council Authorizes Police Department to Begin Hiring Process and Purchase of New Truck</p>	<p>2/3/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>4 minutes</p>
<p>Carmi White County Unit 5 Announces Attendance Guidelines for Sporting Events</p>	<p>2/4/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>3 minutes</p> <p>Carmi-White County Unit #5 schools announce the return to athletics for students in grades 5 – 12 under the guidelines from the Illinois Department of Public Health (IDPH), IHSA, and SIJHSSA. They say they've also worked with fellow conference schools at both the high school and junior high levels to establish guidelines. They're asking for the public's support in meeting these strict requirements.</p>

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<p>New State Senator Eyeing Run for Governor; Addresses Public at Restaurant Outside District</p>	<p>2/4/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>5 minutes</p>	<p>While billed as a town hall event, it took about 26 minutes before any discussion took place Wednesday when Illinois Senator Darren Bailey descended upon Deep South, a popular restaurant in McLeansboro which isn't even in Bailey's district. Despite the fact, Bailey has been a vocal supporter and according to restaurant owner Adam Little has checked in with him weekly since the Liquor Commission tried to fine him for opening his restaurant during the pandemic.</p>
<p>Shawnee National Forest Plans Closure of Some Areas to Eradicate Feral Swine</p>	<p>2/4/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>5 minutes</p>	<p>The Shawnee National Forest, in cooperation with USDA Animal and Plant Health Inspection (APHIS) – Wildlife Services, is planning operations to eradicate feral swine (wild pigs) in the Lusk Creek Wilderness and surrounding areas in Pope County, Illinois of the Shawnee National Forest. Feral swine are a non-native invasive species recently documented living and breeding within and around the Lusk Creek Wilderness area. It is believed that the population is relatively small due to early detection. Feral swine are an invasive species that compete with wildlife for food resources and prey on turkey & quail nests, reptiles, amphibians, and other wildlife including threatened & endangered species.</p>
<p>State Representative Patrick Windhorst Says There's Been No Change in Politics Despite Madigan's Ousting as Speaker of the Illinois House</p>	<p>2/11/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>4 minutes</p>	<p>New rules pushed through the House today by the majority party continue to shut out representatives in the minority, and the millions of constituents they represent, according to Windhorst. He says "as Speaker of the House, Mike Madigan repeatedly put rules in place to stifle the voices and opinions of those in the minority party. Today House Democrats voted to keep those rules alive."</p>

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<p>City of Grayville Asks Residents to Lower Thermostats to below 68 in response to Texas Winter Storm Emergency</p>	<p>2/16/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>5 minutes</p>	<p>A release from the city indicates that due to the State of Texas declaring a state of emergency for all 254 counties, residents need to take action. The Winter Storm across Texas knocked out power across the State. Every, the power company serving the Kansas City area and other areas has instituted rolling blackouts and other power companies are doing the same. Natural gas processing plants are losing power, which in turn reduces the amount of natural gas available to pipelines serving the entire Midwest. Based on this, residents are asked to turn thermostats down BELOW 68 degrees, and close all non-essential businesses, until further notice. Without help, the city says future natural gas bills will be more than most residents will be able to afford.</p>
<p>Public Hearing following White County Board Meeting Devolves into Mudslinging, Accusations</p>	<p>3/10/2021</p>	<p>6a, 7a, 8a, 10a, noon, 5p</p>	<p>10 minutes</p>	<p>Public Hearing called to discuss claims of wrongdoing leveraged at February County Board meeting. Misuse of funds, mistreatment of employees and housing residents were all discussed ad nauseam. The hearing lasted an hour and 15 minutes approximately and was a constant barrage of attacks and accusatory rantings.</p>
<p>Mcleansboro Mayoral Forum</p>	<p>3/19/2021</p>	<p>10am - 11am</p>	<p>1 hour</p>	<p>WROY/WRUL hosted a Mayoral Forum for the candidates vying for the position in advance of the April 6th Election. All 4 candidates were invited. Two were present. Another filled out a questionnaire with the same questions asked while the fourth wasn't prepared or interested.</p>

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

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treatment of those issues for the period of _Jan 1, 2021_ to _Mar 31, 2021_.

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

CAREM, IL

Call Letters: WRUL

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2021

Show # 2021-01

Date aired: 1-3-21

Time Aired: 5:00 am

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

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

Issues covered:
Criminal Justice
Mental Health

Length: 7:22

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

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

Issues covered:
Lyme disease
Personal Health

Length: 9:55

Show # 2021-02

Date aired: 1-10-21

Time Aired: 5:00 am

Peter Vincent Pry, PhD, Executive Director of the Task Force on National and Homeland Security, Director of the United States Nuclear Strategy Forum, both of which are Congressional Advisory Boards, former chief of staff of the Congressional EMP Commission, author of "EMP Manhattan Project: Organizing for Survival Against an Electromagnetic Pulse Catastrophe"

Dr. Pry explained the serious threat posed by an electromagnetic pulse (EMP), either naturally-occurring or from a manmade source. He discussed the potential sources of an attack. He said up to 90% of the US population would be dead within a year after such an event. He also outlined the basic steps that could protect the national electrical grid and explained why the US government has failed to act.

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Issues covered:
Electromagnetic Pulse
Disaster Preparedness
Government

Length: 10:07

Heather Schwartz, Director of the Pre-K to 12 Educational Systems Program at RAND, a nonprofit research organization

About two in 10 U.S. school districts have already adopted or are considering adopting virtual schools after the end of the COVID-19 pandemic, according to a new RAND Corporation study. Ms. Schwartz explained the reasons behind this, particularly as parents question the effectiveness of online learning.

Issues covered:

Education
Government
Technology

Length: 7:11

Show # 2021-03

Date aired: 1-17-21

Time Aired: 5:00 am

Ric Edelman, personal finance expert, Chairman/CEO of Edelman Financial Services, LLC

Mr. Edelman has devised a plan he calls "baby bonds," targeting retirement security. The plan would act as a supplement to Social Security, but it could eventually replace it. The plan would not be at the expense of taxpayers or government borrowing. He said at birth, children would receive an account with \$7,500 via money from investors in government bonds, similar to Series EE bonds. He said an investment at birth in this type of proposal would grow to become the equivalent of an average person's Social Security benefit.

Issues covered:

Personal Finance
Retirement Planning
Parenting

Length: 8:44

Harrison Fell, PhD, Associate Professor of Energy Economics at North Carolina State University

Prof. Fell shared the results of his recent study that found that the environmental benefits of renewable power generation vary significantly, depending on what type of conventional power generation that the renewable energy is replacing. He explained why environmental benefits often cross regional lines. He said he hopes that his findings will help target future renewable energy investments in places where they can have the greatest impact.

Issues covered:

Renewable Energy
Environment
Government

Length: 8:20

Show # 2021-04

Date aired: 1-24-21

Time Aired: 5:00 am

Jason Nagata, MD, MSc, Assistant Professor of Pediatrics at the University of California, San Francisco

Dr. Nagata led a recent study that found a 25% increase in food insufficiency during the COVID-19 lockdowns. Food insufficiency, the most extreme form of food insecurity, occurs when families do not have enough food to eat. He found that black and Latino Americans had over twice the risk of food insufficiency compared to whites. He said hunger, exhaustion, and worrying about not getting enough food to eat may worsen depression and anxiety symptoms, but that free groceries from food banks and similar sources alleviated the mental health burden of food insufficiency.

Issues covered:

Food Insufficiency

Mental Health

Minority Concerns

Charitable Contributions

Justin Ezekowitz, MSc, Co-Director, Canadian VIGOUR Centre, Director of Cardiovascular Research and Professor in the Division of Cardiology at the University of Alberta

Prof. Ezekowitz led a study that found that women face a 20% higher risk than men of death or heart failure during the five years following a heart attack. He outlined the potential reasons for this trend and how it may be addressed. He said the increasing availability of new procedures to diagnose and treat heart attacks at smaller hospitals has improved survival rates for all patients.

Issues covered:

Heart Disease

Women's Concerns

Show # 2021-05

Date aired: 1-31-21

Time Aired: 5:00 am

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

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

Issues covered:

Poisoning Prevention

Drug Abuse

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

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

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Issues covered:

Autism
Government Policies
Education

Show # 2021-06

Date aired: 2-7-21

Time Aired: 5:00 am

Length: 8:56

Michelle Macy, MD, Pediatric Emergency Care Specialist at Lurie Children's Hospital of Chicago, Associate Professor of Pediatrics at Northwestern University Feinberg School of Medicine

Dr. Macy surveyed parents in Chicago during the early months of the pandemic and found that 23 percent of families were hesitant to seek emergency care for their child. She said the greatest reluctance was found in families of color. She offered examples of the most common ER visits that were left untreated and why this is such a great concern. She said that even nine months into the pandemic, ERs are still seeing far fewer patients than normal.

Issues covered:

Children's Health
Parenting
Minority Concerns
COVID-19

Carsten Prasse, PhD, Professor of Environmental Health and Engineering at Johns Hopkins University

Most consumers are aware that chemicals are used in the process of water treatment to ensure that it is safe to drink. But they might not know that the use of some of these chemicals, such as chlorine, can also lead to the formation of hundreds of unregulated toxic byproducts. Prof. Prasse developed a method to find toxic chemicals in drinking water that could result in cleaner, safer taps.

Issues covered:

Water Quality
Environment
Personal Health

Show # 2021-07

Date aired: 2-14-21

Time Aired: 5:00 am

Length: 8:44

Ted Rossman, Industry Analyst at CreditCards.com

51% of U.S. adults with credit card debt, or about 51 million people, added to their credit card debt since March 2020. Mr. Rossman outlined that and other findings from his organization's survey of the economic effects of the pandemic lockdowns. He said millennial credit card debtors (ages 24-39) continue to be hit the hardest.

Issues covered:

Personal Finance
Economy
Government Policies

Length: 9:42

Casey B. Mulligan, PhD, Professor of Economics at the University of Chicago

Prof. Mulligan discussed the rising number what he calls of "deaths of despair," lives lost to suicides, alcohol-related deaths and especially drug overdoses. He explained how the deaths of elderly people diagnosed with COVID-19 differs from the loss of younger Americans to "deaths of despair" in 2020, particularly males between the ages of 15 and 55. He said it will take about a year to get additional data that will better explain possible causes.

Issues covered:

Drug Abuse
Suicides
COVID-19

Length: 7:32

Show # 2021-08

Date aired: 2-21-21

Time Aired: 5:00 am

Jeff Arnold, consumer advocate, President of Rightsure Insurance Group, author of "How to Beat Your Insurance Company"

Mr. Arnold offered advice on how to negotiate the best deal possible on insurance, without sacrificing coverage. He explained that many insurance companies are now offering discounts, as drivers rack up fewer miles on the road. He also outlined the factors that consumers should consider when deciding whether they need life insurance or when to buy it.

Issues covered:

Consumer Matters
Insurance

Length: 8:03

Toya Sherman, CEO, TED Speaker, with more than 25 years of experience in diversity and inclusion, author of "Win, Win, Win: The 18 Inclusion-isms You Need to Become a Disability Confident Employer"

Ms. Sherman discussed the biggest mistakes made by managers in leading teams of employees with disabilities. She said while most employers are comfortable with employees who have physical disabilities, there are numerous other forms of disabilities that deserve support and accommodation. She said the software that employers use to screen resumes often utilizes traditional keywords that result in less diversity in the workplace.

Issues covered:

Disabilities
Employment
Diversity

Length: 8:58

Show # 2021-09

Date aired: 2-28-21

Time Aired: 5:00 am

Gregory Koufacos, Licensed Clinical Alcohol and Drug Counselor who specializes in working with young men, Nationally Certified Recovery Coach, Founder & CEO of Velocity Mentoring, author of "The Primal Method: A Book for Emerging Men"

Social isolation related to the pandemic lockdowns has had a severe impact on teens and young adults, as research has detected more stress, anxiety and depression than other groups. Mr. Koufacos talked about the critical importance of providing support for young people. He also discussed the problems caused by limited schooling, and the surprising value of video gaming, outdoor activities and jobs for young men who are struggling.

Issues covered:
Youth at Risk
Mental Health
Education
Substance Abuse
Suicide

Length: 9:06

Akito Y. Kawahara, PhD, Associate Professor at the University of Florida, Curator of the Florida Museum of Natural History's McGuire Center for Lepidoptera and Biodiversity, research associate at the Smithsonian Institution, National Museum of Natural History

Prof. Kawahara shared a straightforward message: We can't live without insects. They're in trouble. And there's something all of us can do to help. He explained why everyone should be concerned by studies that sound the alarm about plummeting insect numbers and diversity. He offered simple steps that anyone can take to contribute to insect conservation.

Issues covered:
Environment
Climate Change

Length: 8:08

Show # 2021-10

Date aired: 3-7-21

Time Aired: 5:00 am

Jeremy Bailenson, PhD, founding director of Stanford University's Virtual Human Interaction Lab, Thomas More Stork Professor in the Department of Communication

The use of virtual meetings has skyrocketed in the past year, with hundreds of millions of Zoom calls occurring daily. Prof. Bailenson discussed the feeling commonly known as "Zoom fatigue." He explained why current implementations of videoconferencing technologies are exhausting, and he explained how employees and companies can optimize their settings in videoconferences to decrease fatigue.

Issues covered:
Workplace Matters
Technology
Mental Health

Length: 9:32

Laura Argys, PhD, Professor of Economics, University of Colorado, Denver

Prof. Argys led a study that found that light pollution can increase the likelihood of a preterm birth by almost 13%. She explained why skyglow, the brightness of the night sky caused by light from sources like streetlamps, outdoor advertising, and buildings, can result in a higher chance of delivering a baby with a reduced birth weight, a shortened gestational length, and an increase in preterm births.

Issues covered:
Personal Health
Women's Issues

Length: 7:43

Show # 2021-11

Date aired: 3-14-21

Time Aired: 5:00 am

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

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

Issues covered:

Drug Abuse

Parenting

Government Policies

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

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

Issues covered:

Concussions

Personal Health

Women

Show # 2021-12

Date aired: 3-21-21

Time Aired: 5:00 am

Bonnie Marcus, Forbes Women, Global Gurus-honored executive, author of "Not Done Yet! How Women Over 50 Regain Their Confidence and Claim Workplace Power"

Ms. Marcus believes that age discrimination causes many professional women to pull back from performing any activities in the workplace that may draw attention to them. She said many older women believe that if they remain off the radar, they'll save themselves from hurtful and demeaning remarks about their age, along with scrutiny from colleagues and managers questioning if perhaps they've lost their relevance. She outlined ways that women can identify how they are holding themselves back.

Issues covered:

Age Discrimination

Women's Issues

Career

Length: 9:12

Parents often fear that if their high school student isn't motivated to do well in classes, there's nothing that will change that. Prod. Xie led a study that found that students' academic motivation often does change - and usually for the better. He said that increasing students' sense of "belongingness" in school was one key way of increasing academic motivation.

Kui Xie, Professor of Educational Studies at Ohio State University

Issues covered:
Education
Parenting

Length: 9:05

Show # 2021-13

Date aired: 3-28-21

Time Aired: 5:00 am

Ed Slott, nationally recognized IRA and retirement planning expert, founder of IRAhelp.com, author of "The New Retirement Savings Time Bomb: How to Take Financial Control, Avoid Unnecessary Taxes, and Combat the Latest Threats to Your Retirement Savings"

Mr. Slott said that the typical retirement saver should mentally reduce their retirement savings by half, because taxes will take such a large bite from conventional IRAs and 401ks. He recommended utilizing Roth IRAs and 401ks whenever possible. He outlined the most common mistakes made when saving for retirement, and why he recommends having a life insurance policy as part of retirement planning strategies.

Issues covered:
Retirement Planning
Taxes

Length: 8:36

Achea Redd, author of "Authentic You: A Girl's Guide to Growing Up Fearless and True"

Rates of suicide, bullying, eating disorders and other mental health challenges are rising dramatically among teenagers. Ms. Redd outlined the character traits that are critical to thrive as an adolescent, and what parents can do to help. She shared her personal story of how her physical health impacted her mental health, and how she is taking proactive steps to prevent her own daughter from developing eating disorders.

Issues covered:
Youth Mental Health
Bullying
Eating Disorders
Parenting

Length: 8:36