

Quarterly Issues Programs List for the 4th Quarter of 2018

Station WVHT-fm [Norfolk, VA]

Following is a list of some of the significant issues responded to by the station along with the most significant programming treatment of those issues for the quarter. The listing is by no means exhaustive. The order in which issues appear does not reflect a priority or significance.

**Health, Parenting, Military/Veteran’s Issues,
 Crime and Public Safety, Senior Citizens,
 Consumer and Economic Aid,
 Environmental Issues, Poverty, Animal Welfare,
 Education and Employment.**

Issue	Title/Description	Date	Time	Duration
Health	Ryan Hampton, recovering addict, author. Nearly every American knows someone who has been affected by the opioid crisis. Mr. Hampton shared his story of addiction and recovery. He said 9 out of 10 Americans who need addiction treatment are not able to access it. He believes the nation’s approach to treatment needs to be reformed from the bottom to the top. He said billions of dollars of federal spending aimed at this problem are not making it to local communities.	10/7/18	6am	9 minutes
	Lisa Lockerd Maragakis, MD, MPH. Last year's flu season was one of the deadliest in the last 40 years, with an estimated 80,000 deaths in the U.S. Dr. Maragakis explained why it is important to get a flu shot in October. She discussed the different types of flu vaccine available and dispelled some of the most common myths about it.	10/14/18	6am	9 minutes
	Andrew Gewirtz, PhD, Professor in the Institute for Biomedical Sciences at Georgia State University. Dr. Gewirtz was the co-author of a surprising study that found that adding highly refined fiber to processed foods could have negative effects on human health, including liver cancer. He said the simplest solution is to eat fruits and vegetables naturally rich in soluble fiber, rather than processed foods.	10/28/18	6:20am	5 minutes
	Bonnie Halpern-Felsher, PhD, Professor of Pediatrics, Stanford University School of Medicine. Dr. Halpern Halpern-Felsher led a study that found that	11/11/18	6am	9 minutes

	<p>teens and young adults who use Juul brand e-cigarettes are failing to recognize the product's addictive potential, despite using it more often than their peers who smoke conventional cigarettes. She said the nicotine levels in a single Juul pod are the equivalent of smoking 1 ½ to 2 packs of cigarettes. She also discussed the high vulnerabilities of teens to brain changes caused by e-cigarettes, as compared to people in their 20's.</p>			
	<p>Mental health, and specifically cases of suicide have been top of mind in our news lately and the statistics are staggering... Suicide is the fourth leading cause of death for adults between the ages of 15 and 64. On average, 1 person dies from suicide in the US every 16 minutes. It's estimated that 1.4 million in the United States will attempt suicide every year. Someone in your life could be struggling right now and you may not even realize it. Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is considering suicide, you might be afraid to bring up the subject. And if you are in crisis, you are NOT alone, talk to someone. Call the lifeline at 1-800-273-TALK.</p>	<p>11/6/18 11/14/18</p>	<p>12:11pm 6:16am</p>	<p>60 seconds</p>
	<p>This holiday season, give the most important gift you'll ever give... one that is needed more than ever! It's the gift of blood donation, and the American Red Cross needs every day heroes, just like you! Between Thanksgiving and New Year's Day, many regular donors delay giving due to holiday activities and travel. The need for blood is constant; from accident victims, and premature babies, to cancer patients and those with blood disorders. In fact, every 2 seconds, someone in the United States needs a blood transfusion. Everyday heroes like you can help save up to 3 lives with just one blood donation. To make an appointment to give blood, download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS</p>	<p>11/5/18 11/12/18 11/20/18 11/27/18</p>	<p>1:41pm 1:43pm 5:43pm 6:17am</p>	<p>60 seconds</p>
	<p>Keith Whyte, Executive Director of the National Council on Problem Gambling~ Millions of Americans are hooked on gambling, and at least 40 states are addicted to gambling revenue. Mr. Whyte said states have not taken the measures needed to address gambling addiction, as they have greatly expanded gambling in the past ten years. He talked about the most common</p>	<p>12/9/18</p>	<p>6am</p>	<p>9 minutes</p>

	characteristics of those addicted to gambling and how to recognize if someone has a problem.			
	Prof. Cooper led a study that found that vacations often lead to small amounts of long-term gradual weight gain and contribute to 'creeping obesity'. She talked about the primary causes of weight gain during vacations and explained why it's important to lose the added weight as soon as possible upon returning from a trip.	12/16/18	6am	10 minutes
	R. Douglas Fields, PhD, Chief of the Section on Nervous System, National Institute of Child Health and Human Development. Today's headlines are filled with examples of otherwise rational people with no history of violence or mental illness who suddenly snap in a domestic dispute, an altercation with police, or road rage attack. Dr. Fields explained the reasons behind these seemingly random episodes. He said every human has been hardwired with the potential to snap.	12/16/18	6:12am	8 minutes
	Gina LaRoche, organizational consultant, executive coach. Ms. LaRoche said counting your blessings year-round can be good for your mental health and well-being, ultimately boosting a person's chances of success. She talked about ways to avoid a "scarcity mentality," where more is always better and having more will lead to happiness. She talked about the influence of social media on this mentality.	12/23/18	6:12am	8 minutes
Parenting	Kevin Leman, PhD, psychologist, author of " <i>When Your Kid Is Hurting: Helping Your Child through the Tough Days</i> " The impulse for parents to protect their children is strong, but Dr. Leman said that very protection can end up handicapping them for life. He said that rather than seeking to save them from unhappiness or struggle, parents must teach their kids how to cope with and rise above their problems. He discussed the importance of listening and offered techniques to get kids to talk about their problems.	10/7/18	6:09am	8 minutes
	Jean M. Twenge, PhD, Professor of Psychology at San Diego State University, author. Fewer than 20 percent of U.S. teens report reading a book, magazine or newspaper daily for pleasure, while more than 80 percent say they use social media every day, according to Dr. Twenge's latest research. She noted that the decline in reading print media was especially steep. She	10/14/18	6:10am	9 minutes

	explained why this is such cause for concern and what parents can do to counteract it.			
	Ken Dychtwald, Ph.D., gerontologist, psychologist, CEO of Age Wave. Dr. Dychtwald discussed his recent survey that uncovered the staggering amount of financial support that parents are providing to their adult children. He found that 79% of parents are providing money to their children between age 18 and 34, the average was \$7,000 a year, twice the amount that parents are putting into their own retirement accounts.	10/21/18	6am	10 minutes
	Alan Monheit, PhD, Professor of Health Economics and Chair, Rutgers University. Dr. Monheit led a study that examined parental education and family healthcare spending. He found that parents educated beyond high school spend significantly more on healthcare, despite differences in family income and health insurance. He also discussed differences he found in healthcare decisions made by single-mother families compared to two-parent families.	11/4/18	6:20am	5 minutes
	Lan Nguyen Chaplin, PhD, Associate Professor of Marketing, University of Illinois at Chicago Materialism may be more common than ever. Dr. Chaplin led a study that tested ways to reduce materialism among young consumers. She found that a teenagers who completed a two-week gratitude journal were significantly more grateful, more generous and less materialistic.	11/11/18	6:10am	8 minutes
	Star Legacy: We know the excitement of pregnancy. But did you know that 71 babies each day are stillborn in the United States – more than deaths from prematurity and SIDS combined. Star Legacy Foundation believes that many of these deaths are preventable. Together, we formed the Virginia Chapter that offers family support, local resources, memorial opportunities, social gatherings, Champion Events, and more. If you or someone you know is pregnant, please contact us! Or, if you have suffered any type of perinatal loss, we are here to support you and help you walk this road of grief. Visit www.starlegacyfoundation.org or connect with us on Facebook at Star Legacy Foundation – Virginia Chapter.	10/8/18 10/15/18 10/23/18 10/31/18	8:43am 12:40pm 5:14pm 11:58am	60 seconds
	Diane Redleaf, family defense attorney, author. The number of children in the U.S. foster care system is at record levels, thanks in part to the opioid crisis.	11/18/18	6:10am	10 minutes

	With nearly 450,000 children in the system, Ms. Redleaf discussed what happens when caseworkers make mistakes, taking children from parents who are neither abusive nor neglectful. She noted that minority families are disproportionately affected by this trend. She also said that once children are taken, parents and their attorneys sometimes can't learn where the children are being housed.			
	Patrick O'Rourke, Certified Public Accountant in Washington, D.C., founder of ScholarshipStats.com. There are roughly 8 million high-school student athletes in the U.S. However, only a small percentage go on to play a sport in college, and even fewer receive athletic scholarships. Mr. O'Rourke explained which sports have the most scholarship money available. He talked about parents' misconceptions about college scholarships and offered advice.	12/2/18	6am	9 minutes
	Craig Smith, PhD, Research Investigator at the University of Michigan Prof. Smith led a study that examined whether parents should force kids to apologize for something they did wrong to another child. He found that the wronged child saw a big difference between a sincere apology and a coerced one. He suggested ways that parents can help their child learn to have empathy for the victim, thus ensuring a willing apology.	12/9/18	6:22am	5 minutes
	Rashmi Shetgiri, MD, Assistant Professor of Pediatrics~ Dr. Shetgiri led a study of what factors influence teens to get involved with weapons. She said emotional distress and substance abuse both increase the odds for white, black and Hispanic youth to carry or use a gun or knife. She also discussed the importance of parents and positive role models in the prevention of youth violence.	12/30/18	6am	8 minutes
	Maria Corkern, reading specialist, teacher, author of " <i>Doris Thesaurus</i> " Recent studies have found that since 1950, the average teenager's vocabulary has dropped from 25,000 words to only 10,000. Ms. Corkern said that a limited vocabulary translates into a reduced ability to think critically and communicate effectively, which results poor educational performance. She offered suggestions for parents on how to help a child improve his vocabulary.	12/30/18	6:24am	5 minutes

Military and Veteran's Issues	Keita Franklin, PhD, Executive Director of Suicide Prevention for the U.S. Department of Veterans Affairs . Suicide is a national public health issue that affects all Americans, but it is a particularly serious problem among both active duty service members and veterans. Dr. Franklin discussed the possible reasons behind this trend and a new VA campaign intended to increase the availability of mental health and suicide prevention resources for at-risk veterans.	10/14/18	6:20am	5 minutes
	Help Heal Veterans ~ Veterans face treacherous situations, filled with peril while serving our country. Many veterans come home physically injured, suffering from PTSD, have Traumatic Brain Injuries or other ailments. Help Heal Veterans, with the support of generous citizens, like you, improves veterans lives on a daily basis. For over 45 years, Help Heal Veterans has provided over 30 million Therapeutic Art kits and Craft Projects to these critically injured veterans – at no charge to them. Doctors, therapists and brain injury experts recommend this type of therapy. Art and craft therapy has been proven to improve gross motor skills, improve memory and lessen anger issues in healing veterans. To volunteer or learn more visit healvets dot org	10/22/18 10/29/18 11/5/18 11/12/18 11/21/18 11/28/18	10:15am 3:07pm 6:14am 12:40pm 12:07pm 6:26pm	60 seconds
	Thomas Nassif, Ph.D., Professorial Lecturer in American University, researcher at the D.C. Veterans Affairs Medical Center. U.S. veterans often return home with multiple types of trauma, and suffer from one of the highest rates of chronic pain of any population in the U.S. Dr. Nassif led a study that found that veterans who practiced meditation reported a 20 percent reduction in pain intensity, and in how pain interferes with everyday aspects of life, such as sleep, mood, and activity level.	12/16/18	6:19am	8 mintues
Crime and Public Safety	Jeff Asher, crime analyst based in New Orleans. Mr. Asher discussed his research into the connection between weather and gun violence. He found that twice as many people are shot in northern cities on hot days compared to cold ones. He also talked about the potential long term effects of climate change on crime rates.	10/21/18	6:11am	8 minutes
	Elizabeth Saewyc, PhD, Professor of Nursing at the University of British Columbia Dr. Saewyc conducted a recent survey that found that boys—not girls—are more likely to report being victims of dating violence. While there	10/28/18	6:11am	8 minutes

	has been an overall decline in dating violence, she believes that it may still be socially acceptable for girls to hit or slap boys in dating relationships. She suggested that teenagers who date need more support and education programs to address this problem.			
	Ryan Kalember, Senior VP of Cybersecurity Strategy for online security company Proofpoint. Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hacked their real estate agent's or title company's email account. He explained how consumers can protect themselves.	11/18/18	6am	8 minutes
	Quint Studer, community development expert, author. Mr. Studer said vibrant communities don't just happen—they are built. He discussed ways that cities and towns can attract investments, encourage small business startups and build lively downtowns. He talked about the importance of creating community events such as street festivals, rallies, fundraisers and concerts to foster a sense of neighborhood. He also outlined ways that citizens can volunteer to improve their local community.	12/9/18	6:10am	9 minutes
Senior Citizens	Deborah Thorne, PhD, Associate Professor of Sociology at the University of Idaho. Dr. Thorne's research paper entitled "Graying of U.S. Bankruptcy: Fallout from Life in a Risk Society" found that the rate at which Americans age 65 and older are filing for bankruptcy has more than tripled since 1991. She outlined a number of factors that may contribute to this problem and how to best avoid trouble.	10/28/18	6am	10 minutes
	Jennifer Molinsky, PhD, housing expert, Senior Research Associate at the Joint Center for Housing Studies of Harvard University Dr. Molinsky shared the findings of her annual report on the nation's housing. She said that many older Americans are burdened by housing costs, and that affordable, accessible and supportive senior housing is in short supply. She also warned that many households in their 50s and early 60s may not be financially prepared for retirement.	12/2/18	6:10am	9 minutes

Consumer Matters and Economics	Sarah Stanley Fallaw, PhD, industrial psychologist, researcher, and president of DataPoints. Dr. Stanley wrote a follow up to her father's classic book " <i>The Millionaire Next Door</i> ." She talked about several myths relating to millionaires and how they accumulate wealth. She discussed the importance of living below your means, and how to identify and develop behaviors that are conducive to building wealth.	11/4/18	6am	10 minutes
	Karen Bakies, RDN, LD, FAND, Registered Dietitian and Vice President of Nutrition Affairs for the American Dairy Association. Ms. Bakies said a recent survey by her organization found that 94 percent of Americans admit to throwing food away at home. In fact, the average family wastes nearly a third of the food they buy. She outlined the most common reasons that people throw food out, and offered suggestions to minimize the problem.	12/2/18	6:22am	5 minutes
	Richard Thaler, PhD, Professor at the University of Chicago Booth School of Business, President of the American Economic Association. Prof. Thaler discussed what happens when economics meets psychology and how irrational human beings greatly influence the US and world economies. He explained how research is in progress to understand human miscalculations, with the goal of developing better decision-making in business, government and life in general.	11/25/18	6:24am	5 minutes
	Greg McBride, Chief Financial Analyst for Bankrate.com. Mr. McBride shared the results of a Bankrate survey that found that despite the hot labor market, 62 percent of employed Americans did not get a pay raise or better paying job in 2018. He noted that career or income advancement often involves a willingness to change jobs, yet only 25 percent have any intention of looking for a new job in 2019.	12/23/18	6:22am	5 minutes
	Harold Pollack, PhD, Helen Ross Professor of Social Service Administration at the University of Chicago. Dr. Pollack believes that everything Americans need to know about managing their money could fit on a single index card. He explained why his nine simple rules outperform more complicated financial strategies. He also discussed the most responsible way to select a financial advisor and why he felt one of his most important rules should be to support the nation's social safety net.	12/30/18	6:10am	10 minutes

Environmental Issues	Jason West, PhD, Professor of Environmental Sciences and Engineering at the University of North Carolina at Chapel Hill. Air pollution in the U.S. has decreased since about 1990. Dr. West led a study that found that this improvement resulted in a 47% decrease in deaths related to air pollution exposure. He noted that, despite clear improvements, air pollution remains an important public health issue in the U.S., with an estimated 71,000 deaths in 2010. He discussed the effectiveness of tree planting programs and other steps ordinary people can take to help.	11/4/18	6:10am	8 minutes
	David Mizejewski, Naturalist at the National Wildlife Federation Mr. Mizejewski talked about the benefits of allowing leaves to decompose naturally, rather than raking them up and disposing of them. In addition to serving as a natural fertilizer, he said butterflies and songbirds depend on leaf litter for food sources. He also discussed the environmental impact of bagging up lawn debris for disposal.	11/18/18	6:23am	5 minutes
Education and Employment	Thomas Newkirk, PhD, Professor Emeritus, University of New Hampshire In this age of smartphones, Twitter and information scrolling at the bottom of TV screens, Americans are reading faster than ever. Prof. Newkirk believes this is a negative trend, and that readers get greater enjoyment and comprehension when they read slowly. He talked about the reasons why people tend to skim text, and techniques they can use to slow down.	11/11/18	6:20am	5 minutes
	Brandi Britton, District President of Office Team, a staffing service providing temporary administrative and office support staff. Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview	11/25/18	6am	8 minutes
	Danny Iny, entrepreneur, author. Mr. Iny believes that pursuing a four-year degree leaves too many students drowning in debt and unprepared for the work world. He outlined the decisions that students and parents should consider before committing to the time and cost commitments of a college degree. He discussed what careers require a college education, along possible alternative paths for other careers.	12/23/18	6am	10 minutes

Poverty relief and awareness	THE GOT SOLE PROJECT COLLECTS NEW AND GENTLY USED SHOES FOR BOTH CHILDREN AND ADULTS AND DISTRIBUTES THEM TO THOSE IN NEED IN COASTAL VIRGINIA AS WELL AS FOR DISASTER RELIEF. AND THERE ARE PLENTY OF WAYS FOR YOU TO LEND A FOOT. SIMPLY VISIT THE GOT SOLE PROJECT DOT ORG FOR DETAILS ON WHERE AND HOW TO DONATE. TAX-DEDUCTIBLE MONETARY CONTRIBUTIONS ARE WELCOMED AND CORPORATE SPONSORSHIPS ARE AVAILABLE. VOLUNTEERS TO SORT AND DISTRIBUTE SHOES ARE ALWAYS NEEDED. SO IF YOU'VE GOT SOLE, PUT YOUR BEST FOOT FORWARD AT THE GOT SOLE PROJECT DOT ORG AND ON THE GOT SOLE PROJECT FACEBOOK PAGE	10/2/18 10/9/18 10/16/18 10/22/18 10/30/18 12/20/18 12/26/18	7:17am 5:44pm 7:45am 4:15pm 8:14am 1:33pm 10:19am	60 seconds
	In need, or know of someone in need this Thanksgiving? Come to Malbon brothers on General Booth Blvd in Va Beach today between 1p-4p for a free turkey! Malbon Bros, with Bunn Insurance, and Tidewater Appraisal Services and 'thanksgiving back' to those in need with 250 turkeys, available first-come, first-served!	11/20/18	7:15am	2 minutes
	Jennifer Bradley, co-author of "Make it Zero: The Movement to Safeguard Every Child" Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.	11/25/18	6:09am	10 minutes
	Goodwill~ Take a look under your bed, find stuff under there? What about jobs? NO? You really have both! Stuff is household articles, some of it, not needed... but jobs are always needed! Our job is to find the stuff you don't need, sell your stuff, and provide job training to people right here in your community. And it starts when you donate your stuff to Goodwill So just by teaming up with Goodwill you help create jobs! And isn't that worth parting with your leftover stuff? Goodwill, donate stuff, create jobs! Find your nearest donation center at goodwill.org	11/19/18 11/26/18 12/03/18 12/10/18 12/18/18 12/26/18	4:40pm 10:35am 7:14am 6:20pm 4:20pm 9:21am	60 seconds

	<p>For 126 years, Union Mission has been helping the poor and homeless in our community. They have never received any state or federal funding. Instead, Union Mission totally relies on the generosity of our community.</p> <p>The Union Mission serves over 400 homeless men women and children every day. In addition to providing food clothing and shelter they offer job and life skills training to help people overcome their homelessness and become productive citizens of our community once again. The most important thing is to help support Union Mission financially; They rely on our community, they rely on your generosity. For more information, please call 757-627- 8686 and visit unionmissionministries.org</p>	<p>12/04/18 12/11/18 12/17/18 12/25/18</p>	<p>3:26pm 8:18am 12:56pm 4:48pm</p>	60 seconds
Animal Welfare	<p>Bark in the Park ~celebrating pets and the people who love them! October 21st, Chesapeake City park. Test your dog's agility, kid's activities, costume contest, adoptable animals! Chesapeakehumane.org Grab your leash and hit the beach! The Va Beach SPCA Mutt Masquerade 5k run and one mile walk (40th year!) Sunday October 28th at the 24th Street park at the Oceanfront. Register now! Limited registrations will be available the day of the event for an additional cost. Get registered now at VBSPCA.com</p>	<p>10/1/18 10/3/18 10/10/18 10/17/18</p>	<p>11:08am 6:42am 3:45pm 6:42pm</p>	60 seconds
	<p>Va beach animal care and adoption center has a Giving Tree for December. Grab a tag, shop for a pet, return the wish list gift, and get a discount on animal adoption fees! South Birdneck road in Virginia Beach Pictures with Santa or the Grinch Chesapeake Animal Services \$10 per photo December 15th! Visit them on Facebook for more info</p>	<p>12/5/18 12/12/18</p>	<p>2:24pm 10:42am</p>	60 seconds