

TOP TEN COMMUNITY PROBLEMS ADDRESSED BY WNAH
OCTOBER 1, 2023 – DECEMBER 31, 2023

1. **CRIME PREVENTION.** Being aware of existing dangers and taking proper steps to prevent crimes of any kind.
2. **HEALTH BENEFITS AND INSURANCE.** Health benefits and Insurance are quite complicated. Professional guidance should be sought in making the right choices and decisions.
3. **HOUSING AVAILABILITY IN NASHVILLE.**
There are many services and agencies to help with housing especially for low income families. Many of such services not being used because of unawareness.
4. **PUBLIC AWARENESS OF GOVERNMENT AND OTHER SERVICES AVAILABLE.** There are many government services available that could possibly improve their life and future.
5. **SCHOOLS AND QUALITY EDUCATION** All people, especially young people should desire and understand the need for good quality education and realize the benefits.
6. **AWARENESS OF TAX LAWS, LOCAL, STATE AND FEDERAL**
Tax laws are complicated and many people need professional advise to legally prepare tax returns and not over pay.
7. **DRUGS ABUSE AND ALCOHOL ABUSE.** Finding available help.
8. **DRUNK DRIVING AND DUI** In spite of all the warnings about Drinking and driving, some still do it. Everyone needs a better Understanding of the terrible consequences that can result.
9. **IMMIGRATION LAW AND ASSOCIATED LEGAL ISSUES.**
People immigrating into this country need to have knowledge of appropriate steps to take to be legal and gain citizenship.
10. **CHILD ABUSE AND BETTER CARE FROM PARENTS.**
There needs to be more general understanding of how foster parenting works and how many children are in need of this service.

WNAH 1360, NASHVILLE, TENNESSEE
QUARTERLY ISSUES / PROGRAMS OCTOBER 1, 2023 -, DECEMBER 31, 2023
(Page #1)

Program: Tony Cappuccilli Daily Interviews with Nashville area guests daily
Monday – Friday

Shown here are only a few examples of the programs aired and programs are also aired at other times.

Issue 1. Crime Prevention Aired OCTOBER 4, 2023, 2:30 - 3:00 P.M.

Doug Long of Sentinial Security, formerly with th Tennessee Bureau of Investigation, discusses techniques of how to improve safety in church services and other places of large getherings.

Issue 2: Health benefits and insurance Aired: NOVEMBER 7, 2023 - 2:30 – 3:00 PM

David Ezzell of Dave Ezzell Insurance discusses annual enrollment for health insurance. How to fit an insurance coverage to your individual needs. Also discussed Medicare and the differences in Medicare and Medicaid.

Issue 3: : Housing availability in Nashville Aired: NOVEMBER 16, 2023 – 2:30 – 3:00 PM.

Virgil Beckham, Middle Tennessee Real Estate Broker, give ways to seek and apply for property in all price ranges. Giving advice on the best way to buy a home in a price range a family or individual can afford. The types of loans available according to income, as well as neighborhood selection.

Issue 4: Public awareness of government and other services available

Aired: OCTOBER 20, 2023 – 2:30 – 3:00 PM.

Promotion of Alzheimer's Foundation of America, to provide Tennessee residents more information on brain health, caregiving and more. Interview with Criss Snyder, spokes person from New York.

Issue 5: Quality education Aired: DECEMBER 8, 2023, 2023 – 2:30 – 3:00 PM

Professor of History, B.B. Singer speaks on the importance of education, and the physiology of wanting to learn...how everyone should be aware of events of the past and how the past relates to the present time. Saying never doubt, change is inevitable.

Issue 6: Awareness of tax laws, local, state and federal Aired: OCTOBER 24, 2023 – 2:30 –3:00 P.M.

Representative from Music City Estate Planning talks about the need to plan ahead property sales. Inheritance of estates and property...knowing tax laws, what is taxable and what is not. Don' let mistakes or omissions cause problems in the future. Check with authoritative sources before making crucial decisions.

**QUARTERLY ISSUES / PROGRAMS OCTOBER 1, 2023 - DECEMBER 31, 2023
(Page #2)**

Issue 7: Drugs abuse and alcohol abuse Aired DECEMBER 18, 2023--2:30 - 3:00 P.M.

Dr. Rob Kelly of the Rob Kelly Recovery Group discusses recovery procedures for addictions and help that is available.

Issue 8: Drunk driving and DUI Aired: NOVEMBER 27, 2023 – 2:30 – 3:00 PM.
Attorney, Don Whitfield of Whitfield-Coleman and Bullock, talks about the dangers and consequences of drinking and driving. Telling of his experiences with DUI cases over the years. Urges people not to drink and drive, or face possible severe penalties.

Issue 9: Immigration law and associated legal issues Aired: NOVEMBER 21, 2023 – 2:30 – 3:00 PM
Bruce Buchanan from Sebelist/Buchanan Law Firm discusses immigration, proper procedures for naturalization, green card holders, time limits, various government forms, eligibility, how and where to start the procedure toward citizenship and more.

Issue 10: Child abuse and foster care Aired: DECEMBER 14, 2023 – 2:30 – 3:00 PM.
Representative from Therapeutic Intervention discusses the options of adoption by foster parents, qualifications, and involvements of making a foster home safe. As well as how to provide positive reinforcement to the child entering a new environment that is to become their home.

A MEDICARE MOMENT WITH MARTHA

Weekly Public Affairs Program

Call Letters: WNAH

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2023

Show # 2023-40

Date aired: 10-3-23 Time Aired: 12:30pm, CT

Host Martha Khlopin discussed the Medicare Annual Notice of Change (ANOC), which is a mailing that informs recipients of any changes in their Medicare Advantage or prescription drug plan for the next year. She said it should arrive in the mail by September 30. She stressed the importance of reading the notice carefully to decide whether to keep or change a plan during the annual enrollment period (October 15 - December 7).

Issues covered:
Consumer Matters
Medicare

Length: 24:30

Show # 2023-41

Date aired: 10-10-23 Time Aired: 12:30pm, CT

Host Martha Khlopin shared the story of a 70-year-old man who recently asked her for help. He was working full time and had employer coverage but lost his insurance when his company moved him to part time. He had Medicare part A, but needed to apply for part B as soon as possible to avoid a gap in coverage. Martha explained how she assisted in filling out the necessary forms and enrolling him in part B and additional coverage.

Issues covered:
Medicare
Consumer Matters

Length: 24:30

Show # 2023-42

Date aired: 10-17-23 Time Aired: 12:30pm, CT

This week, Martha discussed the "Medicare and You" 2024 booklet, which is a comprehensive guide to Medicare for the new year. She explained how to download or order a copy of the booklet, and why it is important to read it carefully. She also outlined

several upcoming changes in Medicare, such as lower costs for insulin and vaccines, and different levels of coverage for prescription drugs.

Issues covered:
Medicare
Consumer Matters

Length: 24:30

Show # 2023-43

Date aired: 10-24-23 **Time Aired:** 12:30pm, CT

Host Martha Khlopin talked about why it is so critical to provide an adult child, relative or trusted contact with a senior's current insurance cards, doctors' names, medications and any known allergies. She offered a real-life example to illustrate why, In the event of an emergency, the information may be necessary for proper treatment to avoid 1) delays in access to care, 2) adverse drug interactions 3) and medical bills for uncovered costs.

Issues covered:
Medicare Part B

Length: 24:30

Show # 2023-44

Date aired: 10-31-23 **Time Aired:** 12:30pm, CT

Host Martha Khlopin shared a question from a listener who qualified for Medicare before age 65. She explained why some people can get Medicare earlier than the normal age, if they have certain conditions or receive Social Security disability payments for 24 months. She also answered a question about how the enrollment process works for people with disabilities.

Issues covered:
Medicare
Disabilities

Length: 24:30

Show # 2023-45

Date aired: 11-7-23 **Time Aired:** 12:30pm, CT

Host Martha Khlopin talked about the reasons that baby boomers (born between 1946 and 1964) tend to be stubborn and hard-headed when it comes to asking for help and finding information regarding Medicare, Social Security and many other complex issues. She suggested that it may be a matter of trust and how different generations have different ways of seeking and receiving guidance.

Issues covered:
Medicare
Social Security

Length: 24:30

Show # 2023-46

Date aired: 11-14-23 **Time Aired:** 12:30 pm, CT

Host Martha Khlopin and co-host Elliott Khlopin discussed the different enrollment periods for Medicare plans. They explained that the Annual Enrollment Period, from October 15 to December 7, is when people can switch or enroll in Medicare Advantage plans or prescription drug plans. They also mentioned another open enrollment period, from January to March, but noted that it has some rules and restrictions.

Issues covered:
Medicare Open Enrollment

Length: 24:30

Show # 2023-47

Date aired: 11-21-23 **Time Aired:** 12:30 pm, CT

Host Martha Khlopin and co-host Elliott Khlopin shared their recent experience of speaking at an event for government workers who are retiring or near retirement. They discussed the options and benefits of Medicare Parts A and B, and how they work with retiree insurance. They also answered questions posed by the attendees about how to enroll in Medicare and avoid penalties. They referred to a document from medicare.gov for more information.

Issues covered:
Medicare
Government

Length: 24:30

Show # 2023-48

Date aired: 11-28-23 **Time Aired:** 12:30 pm, CT

Host Martha Khlopin and co-host Elliott Khlopin talked about common Medicare enrollment myths and offered tips for accessing accurate information. They advised listeners to check the source of the information and to consult reliable websites such as SocialSecurity.gov or Medicare.gov.

Issues covered:
Medicare
Consumer Matters

Length: 24:30

Show # 2023-49

Date aired: 12-5-23 **Time Aired:** 12:30 pm, CT

Host Martha Khlopin explained the differences between Medicare supplement plans (Medigap) and Medicare Advantage plans. She said people with a Medicare Advantage plan can apply for a Medigap plan, but they may not be approved and they should not drop their current plan until they are sure. She stressed that people should call 1-800-MEDICARE to verify any information they read.

Issues covered:
Health Insurance
Retirement Planning

Length: 24:30

Show # 2023-50

Date aired: 12-12-23 Time Aired: 12:30 pm, CT

This week, Host Martha Khlopin reviewed health and fitness benefits that are included in health insurance plans which are often overlooked. She also talked about the importance for adult offspring to have a real conversation with elderly parents about their health care needs and preferences. She shared a real-life example where a mother was resistant to change her plan and the daughter was reluctant to intervene.

Issues covered:
Health & Fitness
Aging

Length: 24:30

Show # 2023-51

Date aired: 12-19-23 Time Aired: 12:30 pm, CT

Host Martha Khlopin talked about the importance of understanding how health insurance covers surgical procedures and recovery therapy, and the need to support family and friends during post-treatment recovery. She also advised adult children to help their aging parents with their health insurance decisions and to check their home health care benefit.

Issues covered:
Elder Care
Consumer Matters

Length: 24:30

Show # 2023-52

Date aired: 12-26-23 Time Aired: 12:30 pm, CT

Host Martha Khlopin explained why Medicare is such a valuable program for beneficiaries, plus what Medicare recipients need to know about the Declaration of Prior Prescription Coverage.

Issues covered:
Consumer Matters
HMO Coverage

Length: 24:30



Weekly Public Affairs Program

Call Letters: WNAH

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2023

Show # 2023-40

Date aired: 10-2-23 Time Aired: 12:30 p.m., CT

Timothy W. Fong, MD, Clinical Professor of Psychiatry at the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Director of the UCLA Addiction Psychiatry Consultation Service, Co-Director of the UCLA Gambling Studies Program

In just five years, legalized sports betting has swept the nation, now embraced as a revenue source by at least 37 states. Dr. Fong discussed gambling addiction, who is most at risk and how to recognize it, particularly in teenagers. Some well-known universities have signed deals with sportsbooks or casinos to advertise on campus, in athletic venues and in some cases, directly in students' university email inboxes. He offered advice for parents to prevent the start of addictive behavior in their teen.

Issues covered:

Length: 9:54

**Gambling Addiction
Government
Parenting**

Lee Newman, MD, MA, Distinguished Professor in the Department of Environmental & Occupational Health and Department of Epidemiology at the University of Colorado, Director of the Colorado School of Public Health's Center for Health, Work, and Environment

Today, the average American lives just 76 years, the shortest lifespan the country has seen since 1996. Dr. Newman talked about growing data that suggests that employers can dramatically affect the quality—and perhaps even length—of an employee's life. A recent report by Deloitte claimed life span could increase by an average of 12 years, and the number of years a person spends in good health by 19 years by 2040, if employers not only made sure their employees are safe on the job, but also addressed their health and well-being in other less traditional ways.

Issues covered:

Length: 7:22

**Longevity
Personal Health
Employment**

Baia Lasky, MD, board-certified physician in Blood Banking and Transfusion Medicine, Medical Director of the American Red Cross of Georgia

Dr. Lasky explained how several natural disasters this summer have contributed to a national blood shortage that could have far-reaching effects across America. She said the national blood supply has fallen by nearly 25%. She explained why the problem is so serious and how a first-time blood donor can get started.

Issues covered:

Length: 4:59

**Blood Donation
Public Health**

Show # 2023-41

Date aired: 10-9-23 Time Aired: 12:30 p.m., C.T.

Matt Levendusky, PhD, Professor in the Department of Political Science at the University of Pennsylvania, Stephen & Mary Baran Chair in the Institutions of Democracy at the Annenberg Public Policy Center

Many Americans do not know what rights are protected under the First Amendment and a substantial number cannot name all three branches of government, according to the 2023 Annenberg Constitution Day Civics Survey. Prof. Levendusky shared other findings from the survey, discussed the reasons behind today's widespread civic ignorance and explained why the trend is so worrisome.

Issues covered:

Length: 9:06

**Constitutional Rights
Citizenship
Education**

Marlene Schwartz, PhD, Director of the University of Connecticut's Rudd Center for Food Policy and Health

Registered dietitians and other online influencers are being paid to post videos that promote diet soda, sugar and supplements on Instagram and TikTok. Prof. Schwartz discussed the little-known tactic often used by the multibillion-dollar food, beverage and pharmaceutical industries to sway consumers faced with often-contradictory health messages about popular products. She offered suggestions to help viewers recognize these paid messages.

Issues covered:

Length: 8:11

**Consumer Matters
Personal Health/Nutrition**

Jill Ciminillo, Managing Editor for the website Pickup Truck + SUV Talk, co-host of the Consumer Guide Car Stuff podcast

Minivans are frequently the go-to vehicle for families, not only for passenger comfort but also their ability to hold a lot of stuff. However, the Insurance Institute for Highway Safety recently updated their methods for testing minivan safety, with disturbing results. Ms. Ciminillo outlined the new data and what consumers need to know.

Issues covered:

Length: 5:10

**Vehicle Safety
Consumer Matters**

Show # 2023-42

Date aired: 10-16-23 Time Aired: 12:30 pm, CT

Devin Mann, MD, Professor in the Departments of Medicine and Population Health at NYU Grossman School of Medicine

Dr. Mann led a study of healthcare consumers that found that most of ChatGPT's responses to people's healthcare-related queries are nearly indistinguishable from those provided by human physicians. He believes the chatbots will be great tools for healthcare providers to communicate with patients, improve quality of care and reduce misdiagnoses and errors.

Issues covered:

Length: 9:02

**Artificial Intelligence
Personal Health**

Gary Painter, PhD, Academic Director of the Carl H. Lindner College of Business real estate program, Professor of Real Estate at the University of Cincinnati

Prof. Painter shared his research that Americans who pay more than 30% of their income toward rent are forced to make trade-offs in other areas of their lives that can last for years and contribute to many social ills. He said while some trade-offs, such as buying less clothing, might not have severe long-term consequences, some rent-burdened residents reported cutting back on medicine and other health care that could have cascading effects.

Issues covered:

Length: 8:18

**Housing
Poverty
Economy**

Jim Lorraine, military veteran, President of America's Warrior Partnership

Mr. Lorraine said the suicide rate of military veterans is roughly twice that of the general population, and is often spurred by more than just post-traumatic stress syndrome or depression. He said underemployment, irregular housing and other economic issues also play a large role in suicidal behavior. He talked about the resources that are available to veterans. He said that risk factors for veterans at risk of suicide vary significantly from one state to another, and his organization helps to identify the differences and develop strategies to help.

Issues covered:

Length: 5:03

**Suicide Prevention
Veterans' Concerns
Mental Health**

Show # 2023-43

Date aired: 10-23-23 **Time Aired:** 12:30 p.m., CT

Adia Harvey Wingfield, PhD, sociologist, Mary Tileston Hemenway Professor of Arts & Sciences and Vice Dean for Faculty Development and Diversity at Washington University in St. Louis, author of *"Gray Areas: How the Way We Work Perpetuates Racism and What We Can Do to Fix It"*

While explicit discrimination no longer occurs and organizations make internal and public pledges to honor and achieve diversity, black employees remain less likely to be hired, stall out at middle levels, and rarely progress to senior leadership positions. Prof. Wingfield discussed what she calls "gray areas:" the relationships, networks, and cultural dynamics that exist apart from specific expectations and duties required for any given job. She offered suggestions to address the problem.

Issues covered:

Length: 8:33

**Racism
Workplace Matters**

Lisa Damour, PhD, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University, author of *"The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents,"* co-host of the Ask Lisa podcast

Dr. Damour offered advice for parents to understand their teenagers' intense and often fraught emotional lives—and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, and offered tips to help teenagers maintain or regain emotional control.

Issues covered:
Adolescent Mental Health
Parenting

Length: 8:45

Shahab Haghayegh, PhD, Research Fellow at the Brigham and Harvard Medical School

Getting enough sleep has never been more difficult. Prod. Haghayegh shared his research that found that women who struggled with getting enough sleep were at greater risk of developing hypertension, or high blood pressure. He said hypertension and sleep disorders are becoming increasingly prevalent among American adults. He also noted that, while his study only included women, it's likely the findings apply to men, as well.

Issues covered:
High Blood Pressure
Personal Health

Length: 5:03

Show # 2023-44

Date aired: 10-30-23 **Time Aired:** 12:30 p.m., CT

Ivan Misner PhD, founder of BNI, the world's largest business networking organization, author of *"The 3rd Paradigm: A Radical Shift to Greater Success"*

Mr. Misner discussed effective ways to complain at work. He explained the importance for businesses to take deliberate actions to be sure their staff is heard. He said scheduling regular "complaining meetings" can change the entire mood of the workplace, and lead to innovation and new ideas.

Issues covered:
Workplace Matters
Business

Length: 8:33

Nathalie Huguet, PhD, Associate Professor of Family Medicine, at the Oregon Health & Science University School of Medicine

Prof. Huguet led a study that revealed gaps in health insurance coverage for seniors residing in the US. She found that about a quarter of low-income patients receiving care at community health centers remain uninsured when they turn 65. The main reason is that they are not eligible for Medicare because they never paid into the Social Security system, in many cases because they are not legal US citizens. She said 20% of the uninsured patients had five or more health conditions, such as diabetes or high blood pressure, that need frequent treatment and management.

Issues covered:
Health Insurance
Immigration
Senior Issues

Length: 8:45

Rachel Cruze, personal finance expert, author of *"Know Yourself, Know Your Money: Discover WHY You Handle Money the Way You Do, and WHAT to Do About It!"*

40% of Americans during the pandemic could not cover a \$400 emergency in cash. Ms. Cruze explained the psychology that influences how we spend and save money, and how to change those ingrained habits.

Issues covered:
Personal Finance

Length: 5:10

Show # 2023-45

Date aired: 11-6-23 Time Aired: 12:30 p.m., CT

David S. Prerau, PhD, author of "*Seize the Daylight: The Curious and Contentious Story of Daylight-Saving Time*"

Mr. Prerau discussed the history of Daylight-Saving time. He dispelled the myth that farmers are the main proponents of DST. He also explained where efforts stand to end the annual time change, and outlined the possible options that Congress would choose from.

Issues covered:

Length: 8:30

Government

Personal Health

Martha Khlopin, Medicare expert, nationally syndicated radio host, founder of Get2insurance.com

Vague and misleading advertisements for Medicare Advantage policies are flooding the airwaves and mailboxes of Medicare recipients. Ms. Khlopin explained what Medicare Advantage is and how it differs from original Medicare. She also shared examples of complaints from seniors who had their plans changed without their consent or knowledge, and how the scams work. She warned that some TV ads and phone calls may give the impression that they are affiliated with the federal Medicare system, when they are not. She advised seniors to be careful and seek help from legitimate sources.

Issues covered:

Length: 8:38

Medicare

Scams

Senior Issues

Michal Schnaider Beeri, PhD, Professor of Psychiatry, Director of the Herbert and Jacqueline Krieger Klein Alzheimer's Research Center at Rutgers Brain Health Institute

Prof. Beeri shared results of her study that found that people who were diagnosed with attention deficit hyperactivity disorder at midlife had a threefold increased risk of developing dementia later in life, compared to those without ADHD. She also discussed possible explanations for the link between ADHD and dementia, and what role ADHD medications may play.

Issues covered:

Length: 5:15

Alzheimer's Disease

ADHD

Show # 2023-46

Date aired: 11-13-23 Time Aired: 12:30 pm, CT

David Newman-Toker, M.D., PhD, Lead Investigator and Director of the Johns Hopkins Armstrong Institute Center for Diagnostic Excellence

Dr. Newman-Toker led what is believed to be the first rigorous national estimate of permanent disability and death from diagnostic error. He estimates that 795,000 Americans die or are permanently disabled by diagnostic error each year. He said vascular events, infections and cancers cause 75% of the serious harms, and that stroke is the top cause of serious harm from misdiagnosis. He believes that a serious campaign to target diseases with high error and harm rates may reduce diagnostic errors and improve patient outcomes.

Issues covered:

Length: 8:30

Medical Errors & Misdiagnoses

Public Health

Johnnye Lewis, PhD, Professor Emerita in the Department of Pharmaceutical Sciences at University of New Mexico Health Sciences, Co-Director of Community Environmental Health Program, Director of the UNM METALS Superfund Research Program

Prof. Lewis' research found that water from many wells and community water systems across the US contains unsafe levels of toxic contaminants. She discussed the health effects of seven contaminants, which include cancer, developmental delays, and preterm birth, and how they affect vulnerable populations and communities with lower income levels. She also talked about the challenges of removing these contaminants from water supply systems, and how larger systems tend to have more resources and monitoring than smaller systems

Issues covered:

Length: 8:54

**Drinking Water Safety
Pollution
Government**

Tom Appel, Publisher of Consumer Guide Automotive, co-host of the Consumer Guide Car Stuff podcast

7.9% of cars sold in the US in the third quarter of 2023 were electric vehicles. Mr. Appel outlined what consumers need to know about the three levels of EV charging currently available, and the pluses and minuses of each.

Issues covered:

Length: 5:11

**Electric Vehicles
Consumer Matters**

Show # 2023-47

Date aired: 11-20-23 **Time Aired:** 12:30 p.m., CT

Hilarie Gamm, tech industry expert, author of "*Billions Lost: The American Tech Crisis and The Road Map to Change*"

Ms. Gamm explained why parents, educators, and employers urgently need to understand today's generation of teens and young adults. She talked about the revolutionary effect that technological advances have had on education and the development of the human mind. She said every American needs to have a basic understanding of current technology because of the wide-ranging ramifications these changes have on legislation, regulation and privacy.

Issues covered:

Length: 8:48

**Education
Career
Parenting**

Kelsey Graham, PhD, pollinator conservation specialist at Michigan State University

Dr. Graham explained the importance of bees to the nation's food supply. She also discussed the role that pesticides and climate change may be having on bee populations in North America. She outlined simple steps that people can take to increase bee populations in their communities.

Issues covered:

Length: 8:27

**Agriculture
Environment**

Kristin Rosenthal, pedestrian and bike safety expert from Safe Kids Worldwide

About every five days, a child in the U.S. dies from a train collision. Ms. Rosenthal said young people, particularly teenagers, do not understand how dangerous railroad tracks and crossings are. She offered advice to parents to teach their kids to not walk or take selfies on railroad tracks, to not walk with earbuds in, and to never try to beat a train at a railroad crossing.

Issues covered:

Child Safety
Traffic Safety

Length: 4:52

Show # 2023-48

Date aired: 11-27-23 **Time Aired:** 12:30 p.m., CT

Chris Bailey, productivity expert, author of "*Hyperfocus: How to Be More Productive in a World of Distraction*"

Mr. Bailey said that the human brain has two powerful modes that can be unlocked when we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly, and work and live more deliberately every day. He explained how to minimize distractions that can cause problems at work and in personal relationships.

Issues covered:

Workplace Matters
Career

Length: 8:31

Janet Murnaghan, journalist, author of "*Saving Sarah: One Mother's Battle Against the Health Care System to Save Her Daughter's Life*"

Ms. Murnaghan's young daughter desperately needed a set of donor lungs. A set of lungs was available and there was nothing standing in the way medically, but a federal policy barred children under the age of 12 from receiving adult lungs. Ms. Murnaghan talked about her quest to save Sarah and other kids in similar situations. After a court fight and through the use of social media, she eventually convinced the government to change organ donation rules permanently.

Issues covered:

Organ Donation
Government Regulation

Length: 8:44

KJ Dell'Antonia, editor of the Motherlode blog in the New York Times from 2011 until 2016, author of "*How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute*"

Ms. Dell'Antonia said that in her research and writing about family life over the years, one topic keeps coming up again and again: parents crave a greater sense of happiness in their daily lives. She discussed the most common problem areas that cause parents the most grief, and suggested steps parents can take to make them better.

Issues covered:

Parenting

Length: 5:12

Show # 2023-49

Date aired: 12-4-23 Time Aired: 12:30 p.m., CT

Edward McFowland III, PhD, Assistant Professor in the Technology and Operations Management Unit at Harvard Business School

Prof. McFowland co-authored a recent study that found that the use of artificial intelligence tools elevates the skills of the lowest performers across a wide range of fields to, or even far above, what was previously average performance. Across a set of 18 tasks designed to test a range of business skills - from analysis to idea generation to persuasion - consultants who had previously tested in the lower half of the group increased the quality of their outputs by 43% with AI help, while the top half only gained 17%. He discussed likely limitations in what AI can do well in modern professional work. He believes that AI will not be able to replace most human creativity and problem-solving.

Issues covered:

Length: 8:51

**Artificial Intelligence
Employment**

Morgan Frank, PhD, Assistant Professor in the University of Pittsburgh's School of Computing and Information

Prof. Frank studies job prospects for fossil fuel workers in the green energy transition. He said that fossil fuel workers have skills that are compatible with green jobs, but they face geographic and social barriers to relocate. He also explained why green jobs will span across different skill levels and sectors, but they are not well aligned with the current locations of fossil fuel workers.

Issues covered:

Length: 8:32

**Energy
Employment
Environment**

Adrienne Lawrence, former ESPN anchor and legal analyst, author of "*Staying in the Game: The Playbook for Beating Workplace Sexual Harassment*"

Ms. Lawrence explained how most companies mishandle sexual harassment cases and why. She also discussed the mental health consequences faced by those who report sexual harassment and how to deal with it. She talked about the impact of the MeToo# movement and what she sees as the future of dealing with sexual harassment as a society.

Issues covered:

Length: 5:03

**Sexual Harassment
Women's Concerns
Workplace Matters**

Show # 2023-50

Date aired: 12-11-23 Time Aired: 12:30 p.m., CT

Tyra Fainstad, MD, Associate Professor at the University of Colorado School of Medicine

Burnout is highly prevalent across most healthcare careers, but especially among trainee physicians. Dr. Fainstad developed a pilot program that successfully reduced burnout among female medical residents. She explained that while the program is digital, including videoconferencing coaching calls, she found that the group aspect was especially important in its effectiveness. She discussed the potential hurdles in expanding the training to hospitals and medical schools nationwide.

Issues covered:

**Public Health
Mental Health**

Length: 8:37

Jason M. Nagata MD, Associate Professor of Pediatrics in the Division of Adolescent and Young Adult Medicine at the University of California San Francisco

Dr. Nagata's study of US adolescents found that both victims and perpetrators of cyberbullying were more likely than other youth to experience eating disorder symptoms, including worrying about weight gain, self-worth tied to weight, and binge eating. He believes it is important that teachers and parents are aware that these experiences are relatively common among teens, and encourage kids to report online harassment if it occurs.

Issues covered:

**Cyberbullying
Eating Disorders
Discrimination**

Length: 8:44

Ana Lorena Fábrega, Chief Evangelist at Synthesis and author of *"The Learning Game: Teaching Kids to Think for Themselves, Embrace Challenge, and Love Learning"*

Ms. Fabrega traditional approaches to education, contrasting them with the ways kids really learn. She believes current methods of teaching children are outdated. She explained how her experience as a child who attended ten schools in seven different countries gave her an unconventional perspective. She suggested allowing children to learn through projects rather than strict curriculum, and explained why teaching kids of differing ages as a group, rather than segregating them in conventional grades and ages, can have major benefits.

Issues covered:

Education

Length: 5:05

Show # 2023-51

Date aired: 12-18-23 **Time Aired:** 12:30 p.m., CT

Laurence J. Kotlikoff, PhD, Professor of Economics and William Warren Fairfield Professor at Boston University, former Senior Economist on the President's Council of Economic Advisers, co-author of *"Social Security Horror Stories: Protect Yourself From the System & Avoid Clawbacks"*

Prof. Kotlikoff explained the problem of Social Security clawbacks. He said each year more than a million unsuspecting Americans receive letters from the Social Security Administration, demanding repayment of thousands of dollars of overpaid benefits, due to SSA mistakes that occurred sometimes decades earlier. He shared examples of elderly people who suffered from clawbacks, and proposed reforms to stop them.

Issues covered:

**Social Security
Government
Consumer Matters**

Length: 8:44