

WBZ-FM

QUARTERLY ISSUES AND PROGRAMS REPORT

**STATION: WBZ-FM
4th QUARTER, 2022
(October, November, December)
Due January 10, 2023**

**Prepared by: George Knight
Host / Producer**

Description of Issues of Concern to Boston, MA
Addressed in Responsive Programming in the 4th QUARTER, 2022
Airing Sundays 6am to 7am
InfoTrak / Beasley Boston

Note: during this quarter, the name of the locally produced interview show "Greater Boston Today" was changed to "Beasley Boston".

1. **Addiction** – The need for effective treatment for substance addiction. The need to understand substance abuse.
2. **Aging / Family Issues** - Understanding what hospice care is, and how the need has grown during COVID. Understanding how medical advances are affecting human longevity. How to prepare for retirement. Understanding the issues associated with giving birth later in life. Understanding how activity can slow cognitive decline. Understanding body aches that are common among the elderly.
3. **Domestic Violence** - The need to understand the real dangers of domestic violence and prevent it from happening. The need to understand the various places – like the workplace – that domestic violence can occur.
4. **Economy / Inflation / Personal Finances / Retirement Planning**– Understanding how recent interest hikes will affect those with credit card debt. The need to simplify personal finances to stay in control. Ways to ensure financial security as you get closer to retirement. The need to start preparing for retirement early.
5. **Employment / Jobs** – The need to be prepared for a job search. Ways to make yourself more attractive to a prospective employer. Ways to use social media in a job search. Understanding efforts to recruit veterans for trucking jobs. The need to understand what veterans face when it's time to join the workforce.
6. **Gender Issues / Sexual Harassment** – The importance of awareness of sexual harassment. The roadblocks in the workplace that women face. Ways women can stay safe, particularly when they are joggers. Understanding why women and minorities are underrepresented in high tech. The need for companies to address the issue of sexual harassment.
7. **Health Care** - Ways doctors can help those with cardiac issues live healthier. Understanding why some groups of women avoid mammograms.
8. **Mental Health** – Understanding why our brains make us wait too long for some decisions. The correlation between lifestyle and risk of dementia. how mental state can affect the ability to make friendships.
9. **Parenting Issues** – How safety measures in schools affect students' academic performance and enthusiasm for school. The need to help children deal with the realities of gun violence. Understanding the benefits of extracurricular activities for school age children. The need for parents to keep kids safe from online predators.

10. **Poverty / Homelessness / Hunger / Veterans Issues** – The issue of homelessness among the veteran population. How things like minimum wage have affected poverty. Understanding disparities in poverty among different races and ethnic groups. The economic challenges faced by college students, sometimes leading to hunger or homelessness.
11. **Public Health / Disabilities / Cancer / Vision** – How breast cancer can affect African American women differently than white women. The need for the public to understand the challenges that disabled people face. How the Americans with Disabilities Act has helped. Understanding how lifestyle changes can decrease the risk of cancer. Understanding potential health impacts of detergents and cleaners. Understanding the correlation between time spent in front of a computer screen and vision issues.
12. **Public Safety / Road Safety / Infrastructure / Water Contamination / Distracted Driving** – How mandated speed limiters on trucks could affect safety on highways. Understanding the dangers of massive system failures. The danger of lead seeping into water systems. The extreme dangers of distracted driving. The need to be vigilant about being distracted while you're driving. The need for immigrants to be legally licensed to drive.
13. **Race Issues / Racism** – The need to better understand how the look of racism has changed over the years. Understanding educational disparities among different races.
14. **Suicide / Mental Health** – Understanding why there's a belief that suicide rates rise over the holidays. Understanding what brings someone to the point where they are considering suicide. The importance of awareness of resources for those struggling with depression.
15. **Technology / Online Safety / Identity Theft** - Understanding how social media companies use online data. The need to protect ourselves from online scams. The need to be vigilant in protecting against identity theft. The increasing danger of fake accounts on platforms like Instagram and LinkedIn. The dangers of young people trying untested diets found on TikTok. Understanding how the robotics technology has advanced. Understanding the effectiveness of DNA in solving crimes.

WBZ-FM
Programs That Address Community Issues
(Regularly Scheduled Public Affairs Programs)
InfoTrak / Beasley Boston
Fourth Quarter Report 2022

Issue: Race Issues / Racism – The need to better understand how the look of racism has changed over the years.

Aired: October 2, 2022

Time: 6am to 7am

Length of Segment: 22 minutes of 1 hour

Show Description: Racism is an issue that has evolved over the years. Although awareness of it has increased, there still is a long way to go. We spoke with Dr. Felipe Copeland who is a professor at Boston University, about the roots of racism, and how racism has changed over the years. He discussed ways in which we all can help deal with the issue of racism.

Issue: Economy / Inflation – Understanding how recent interest hikes will affect those with credit card debt.

Aired: October 2, 2022

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: Recent interest rate hikes by the Federal Reserve are leading to substantially higher costs for anyone with credit card debt. Mr. Rossman said roughly half of American consumers are carrying a credit card balance from month to month, and the numbers are increasing due to inflation. He offered suggestions to try to pay down debt and consolidate balances with low- or no-interest credit cards.

Guest: Ted Rossman, Senior Industry Analyst at CreditCards.com

Issue: Mental Health / Relationships – Understanding how mental state can affect the ability to make friendships.

Aired: October 2, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Many people, particularly men, have few friends. Prof. Franco discussed the critical importance of friendship, and how to make and keep friends in an era of distraction, burnout, and chaos. She said making friends, like cultivating any relationship, requires effort, and the idea of “friendships happening organically” is generally a myth. She outlined several specific, research-based steps to improve the number and quality of friendships.

Guest: Marisa G. Franco, PhD, Assistant Clinical Professor in the Department of Psychology at the University of Maryland, author of *“Platonic: How the Science of Attachment Can Help You Make - and Keep – Friends”*

Issue: Economy / Jobs / Veteran Issues – The need to understand what veterans face when it's time to join the workforce.

Aired: October 2, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: When veterans leave the military, they face a multitude of major challenges, including a transition into higher education or a new career field. Prof. Ghosh led a recent study that found that assistance typically designed to help civilian students are also effective for veterans. She talked about the strengths that veterans can bring to a company and outlined the resources that are available to veterans to make the transition.

Guest: Arpita Ghosh, PhD, Assistant Professor of Educational Psychology at the University of Kansas

Issue: Mental Health / Addiction – The need for effective treatment for substance addiction. The need to understand substance abuse.

Aired: October 9, 2022

Time: 6am to 7am

Length of Segment: 23 minutes of 1 hour

Show Description: We spoke with Dr. Shelli Halligan, who explained what being addicted to a substance means. She talked about effective methods for recovering from addiction and went over things that can put someone at risk of falling into addiction.

Issue: Gender Issues / Sexual Harassment – The importance of awareness of sexual harassment. The roadblocks in the workplace that women face.

Aired: October 9, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Ms. Helgesen believes that women face specific and different roadblocks from men as they seek to advance in the workplace. She discussed the most common errors made by women, and what they can do to get proper credit for their achievements at work. She also discussed how the #MeToo movement has affected job opportunities for women.

Guest: Sally Helgesen, women's leadership consultant and speaker, author of "*How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job*"

Issue: Economy / Hunger / Homelessness – The economic challenges faced by college students, sometimes leading to hunger or homelessness.

Aired: October 9, 2022

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: Prof. Goldrick-Rab was the lead author of study that found that 36 percent of students at 66 surveyed colleges and universities do not get enough to eat, and a similar number lack a secure place to live. She said skyrocketing college tuition

and other fees, inadequate aid packages and growing enrollment among low-income students are some of the factors. She outlined several policy changes that could help. Guest: Sara Goldrick-Rab, PhD, Professor of Higher Education Policy and Sociology at Temple University

Issue: Public Health / Geriatric Issues – Understanding body aches that are common among the elderly.

Aired: October 9, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: It's an age-old axiom, but is joint pain, back pain or just a feeling in your bones a reliable predictor of rainy weather? Dr. Jena led a study that examined the question, and he found no relationship between rainfall and aches or pains.

Guest: Anupam Jena, MD, PhD, Ruth L. Newhouse Associate Professor of Health Care Policy at Harvard Medical School, physician in the Department of Medicine at Massachusetts General Hospital, Faculty Research Fellow at the National Bureau of Economic Research Policy

Issue: Public Safety / Distracted Driving / Immigration – The extreme dangers of distracted driving. The need to be vigilant about being distracted while you're driving. The need for immigrants to be legally licensed to drive.

Aired: October 16, 2022

Time: 6am to 7am

Length of Segment: 24 minutes of 1 hour

Show Description: Distracted driving is a major cause of auto crashes and many of them are directly caused by distracted driving. Emily Stein is President of the Safe Roads Alliance, and she talked about just how dangerous it is, and what can be done to prevent it. She talked about a piece of legislation that would make it so immigrants were able to legally get drivers licenses,

Issue: Mental Health / Aging – Understanding how activity can slow cognitive decline.

Aired: October 16, 2022

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: Prof. Smagula led a recent study that found that older adults with regular activity routines are happier and do better on cognitive tests. He said that his findings suggest that staying active all day and following the same routine each day are important for healthy aging and mental health.

Guest: Stephen Smagula, PhD, Assistant Professor of Psychiatry and Epidemiology at the University of Pittsburgh.

Issue: Public Safety / Parenting Issues – The need for parents to keep kids safe from online predators.

Aired: October 16, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Dr. Pearlman shared advice for parents of eight- to twelve-year-old children about digital safety. She talked about the inability of kids to recognize dangers online, the pros and cons of social media and how to maintain parental limitations on smartphone use. She also explained how to impress on kids that anything posted online can potentially haunt them forever.

Guest: Catherine Pearlman, PhD, Associate Professor of Social Work at the University of Massachusetts Global, licensed clinical social worker, author of *“First Phone: A Child's Guide to Digital Responsibility, Safety, and Etiquette”*

Issue: Public Health / Vision / Technology – Understanding the correlation between time spent in front of a computer screen and vision issues.

Aired: October 16, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Digital eye strain is a widespread and growing problem for people of all ages. Prof. Wolffsohn led a recent study that tested the 20-20-20 rule: taking a screen break of at least 20 seconds, every 20 minutes, to look at least 20 feet away. He found the practice does help ease some of the symptoms of prolonged computer use, and he suggested ways to take breaks frequently enough.

Guest: James S W Wolffsohn, PhD, Professor of Optometry at Aston University in Birmingham, England

Issue: Economy / Jobs / Social Media – The need to be prepared for a job search. Ways to make yourself more attractive to a prospective employer. Ways to use social media in a job search.

Aired: October 23, 2022

Time: 6am to 7am

Length of Segment: 17 minutes of 1 hour

Show Description: We spoke with career counselor Lili Hayes, who talked about the importance of being prepared for finding a job BEFORE you really need it. She went over ways that social media can help with a job search and talked about things that employers look for in someone applying for a job.

Issue: Public Safety / Women's Issues – Ways women can stay safe, particularly when they are joggers.

Aired: October 23, 2022

Time: 6am to 7am

Length of Segment: 7 minutes of 1 hour

Show Description: Ms. Tocci's cousin, Vanessa Marcotte, was a 27-year-old woman who, while running on a rural road in Princeton, Massachusetts, was assaulted and murdered in 2016. She offered safety tips for women to avoid violence or harassment, particularly when running. She said apps are available to track a runner's location and share it with emergency contacts. She also explained how a woman should choose routes or schedules for a run.

Guest: Caroline Tocci, President & Co-Founder/Director of The Vanessa T. Marcotte Foundation, which advocates for safety awareness to prevent violence, objectification and harassment against women

Issue: Public Safety / Identity Theft / Online Privacy – Understanding how social media companies use online data.

Aired: October 23, 2022

Time: 6am to 7am

Length of Segment: 10 minutes of 1 hour

Show Description: Ms. Tellado discussed the rampant abuse of online privacy and the misuse of consumer data. She said the virtual monopolies held by four online companies are a genuine problem for privacy and consumers' rights. She believes that online algorithms are often biased towards people of color. She also discussed common misconceptions about safety testing and the mission of Consumer Reports.

Guest: Marta L. Tellado, PhD, President and CEO of Consumer Reports, author of *"Buyer Aware: Harnessing Our Consumer Power for a Safe, Fair, and Transparent Marketplace"*

Issue: Parenting Issues / Aging – Understanding the issues associated with giving birth later in life.

Aired: October 23, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Dr. Birnbaum is the oldest woman in America to give birth to twins, and she shared her perspective on how and why parenting has changed tremendously in recent years. She explained why she and her husband chose to have more kids later in life, and what the pluses and minuses are to older parenting.

Guest: Frieda Birnbaum, PhD, research psychologist and psychotherapist, author of *"Life Begins At 60: A New View of Motherhood, Marriage, and Reinventing Ourselves"*

Issue: Health Care / Aging / Family Issues – Understanding what hospice care is, and how the need has grown during COVID.

Aired: October 30, 2022

Time: 6am to 7am

Length of Segment: 14 minutes of 1 hour

Show Description: We spoke with Donna Silva of Good Shepherd Community Care about what hospice care is, and who benefits from it. She talked about the issue of people who do not have permanent housing, but need hospice care, and discussed how during COVID, hospice residences in Massachusetts closed down.

Issue: Economy / Employment / Retirement – How to prepare for retirement. Ways to ensure financial security as you get closer to retirement.

Aired: October 30, 2022

Time: 6am to 7am

Length of Segment: 7 minutes of 1 hour

Show Description: Dr. Quinby was a co-author of a Boston College brief that asked, “After 50 Years of Progress, How Prepared Are Women for Retirement?” She said that in the 50 years since Title IX’s passage, women have made major economic progress in education, earnings, and wealth, and that today, women who spend most of their lives single are as well prepared for retirement as married couples.

Guest: Laura D. Quinby, PhD, Senior Research Economist at the Center for Retirement Research at Boston College

Issue: Health Care / Heart Issues – Ways doctors can help those with cardiac issues live healthier.

Aired: October 30, 2022

Time: 6am to 7am

Length of Segment: 10 minutes of 1 hour

Show Description: Cardiovascular disease is the leading cause of death in the U.S. across most races and ethnicities, and doctors routinely tell patients to change unhealthy lifestyles. However, Dr. Lavie’s research found that doctors shouldn’t take a one-size-fits-all approach to lifestyle counseling, especially for those within underserved or socioeconomically disadvantaged populations. He said customized counseling can achieve small but statistically meaningful improvements in blood pressure, cholesterol and body fat.

Guest: Carl “Chip” Lavie, MD, Medical Director of Ochsner Health Cardiac Rehabilitation and Prevention in New Orleans

Issue: Economy / Poverty / Racial Issues – How things like minimum wage have affected poverty. Understanding disparities in poverty among different races and ethnic groups.

Aired: October 30, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: With little public notice, child poverty in the U.S. fell by 59% between 1993 and 2019. She said lower unemployment rates, increases in single mothers’ labor force participation, and increases in state minimum wages accounted for about a third of the improvement, but that taxpayer dollars spent on social programs were also a major factor. However, disparities by race and ethnicity, natural origin and family structure persisted. She explained what other changes she believes are needed to continue the trend.

Guest: Dana Thomson, PhD, Senior Research Scientist at Child Trends, a research organization focused on child poverty and public policy

Issue: Public Safety / Domestic Violence – The need to understand the real dangers of domestic violence and prevent it from happening. The need to understand the various places – like the workplace – that domestic violence can occur.

Aired: November 6, 2022

Time: 6am to 7am

Length of Segment: 24 minutes of 1 hour

Show Description: Domestic violence is something that doesn't just occur in the home. It can happen at someone's workplace, and so it's very important that employers know how to spot it so it can be dealt with. We spoke with Courtney Cahill, who is an Assistant District attorney and Chief of the Bristol County Domestic Violence Unit, about how domestic violence can present itself and what can be done. She went over the signs to look for if you suspect someone is a victim.

Issue: Mental Health – Understanding why our brains make us wait too long for some decisions.

Aired: November 6, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Ms. Duke outlined behavioral science research that shows that we are psychologically biased to grit things out for too long, even when there are clear signs that we should quit. She offered examples of how a decision to quit is affected by whether someone is winning or losing, and why we tend to increase our commitment to a losing cause.

Guest: Annie Duke, co-founder of the non-profit student advocacy organization called The Alliance for Decision Education, author of "*Quit: The Power of Knowing When to Walk Away*"

Issue: Public Safety / Road Safety – How mandated speed limiters on trucks could affect safety on highways.

Aired: November 6, 2022

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: Federal regulators appear to be taking steps toward a speed limiter mandate for commercial motor vehicles in 2023. Mr. King discussed the potential safety concerns if trucks are forced to drive slower than other traffic, including a lack of passing speed, increased congestion, and being rear-ended. He said that a nationwide 60 or 65 mph limit for trucks would create even greater safety issues in the handful of states with speed limits as high as 85 mph for cars.

Guest: Andrew King, Research Analyst for the Owner-Operator Independent Drivers Association Foundation

Issue: Mental Health – The correlation between lifestyle and risk of dementia.

Aired: November 6, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Dr. LaPlume was the lead author of a study that found that lifestyle may be more important than age in determining dementia risk, no matter how old we are. She outlined the eight major lifestyle choices that influence brain health. She said just one of those factors could reduce cognition by the equivalent of up to three years of aging.

Guest: Annalise LaPlume, Cognitive Neuroscience Postdoctoral fellow, Senior Research Scientist at Child Trends, a research organization focused on child poverty and public policy

Issue: Public Safety / Identity Theft – The need to protect ourselves from online scams. The need to be vigilant in protecting against identity theft.

Aired: November 13, 2022

Time: 6am to 7am

Length of Segment: 19 minutes of 1 hour

Show Description: There are new online scams popping up all the time. We spoke with Paula Fleming from the Better Business Bureau, about what the current scams are and how to protect from them. She went over ways that people try and steal identities and gave some commonsense approaches to spotting scams.

Issue: Parenting Issues – How safety measures in schools affect students' academic performance and enthusiasm for school.

Aired: November 13, 2022

Time: 6am to 7am

Length of Segment: 10 minutes of 1 hour

Show Description: Dr. Johnson led a study that found that students at high schools with prominent security measures, such as metal detectors, contraband sweeps, drug testing and security cameras, have lower math scores, are less likely to attend college and are suspended more frequently compared to students in schools with less surveillance. He said the policies even affect the academic performance of students who haven't exhibited behavioral problems.

Guest: Odis Johnson, Jr, PhD, Bloomberg Distinguished Professor of Social Policy and STEM Equity at Johns Hopkins University,

Issue: Public Health / Health Care / Race Issues – Understanding why some groups of women avoid mammograms. How breast cancer can affect African-American women differently than white women.

Aired: November 13, 2022

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: About 42,000 women die of breast cancer each year in the US. Dr. Shah shared the findings of a recent survey by her organization that found that 22% of women ages 35 to 44 have never gotten a mammogram and have no plans of getting one. She outlined the potential reasons behind this trend and why this is of such great concern. She also explained why African American women often face a more aggressive disease course when faced with a breast cancer diagnosis.

Guest: Nikita Shah, MD, Medical Oncology Team Leader for the Breast Care Center at the Orlando Health Cancer Institute

Issue: Economy / Employment / Military Issues – Understanding efforts to recruit veterans for trucking jobs

Aired: November 13, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Mr. Pugh talked about private and governmental efforts to recruit military veterans into the trucking industry. He said a lack of training often results in high turnover in trucking jobs. He also discussed his organization's "Truckers for Troops" fundraising program, which raises funds for care packages sent to military members serving in combat zones, as well as the Veterans Community Project to assist homeless veterans.

Guest: Lewie Pugh, Executive Vice President of the Owner-Operator Independent Drivers Association, an advocacy organization for 150,000 independent truck drivers

Issue: Public Safety / Gun Violence / Parenting Issues – The need to help children deal with the realities of gun violence.

Aired: November 20, 2022

Time: 6am to 7am

Length of Segment: 22 minutes of 1 hour

Show Description: With recent shootings around the country, including at the University of Virginia, the question came up of how to help kids understand why these things happen. We spoke with Dr. Sam Nordberg, Chief of Behavioral Health at Reliant Medical Group in Worcester, MA, about smart approaches to conversing with kids about tragedy, and particularly gun violence. He talked about how social media plays into the delivery of information, and how parents and teachers can make sure that children aren't further traumatized by violent events.

Issue: Public Safety / Online Issues – The dangers of young people trying untested diets found on TikTok.

Aired: November 20, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Professor Pope led a recent study of the most viewed content on TikTok relating to food, nutrition and weight. She said the videos perpetuate a toxic diet culture among teens and young adults and that expert voices are largely missing from the conversation. She suggested resources for parents who are concerned about their child's weight and overall health.

Guest: Lizzy Pope, PhD, RDN, Associate Professor, Director - Didactic Program in Dietetics, University of Vermont

Issue: Public Health – Understanding potential health impacts of detergents and cleaners.

Aired: November 20, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Mr. Richardson offered essential tips for getting laundry clean and making the experience more enjoyable. He talked about the environmental and health impacts of well-known laundry detergents and fabric softeners. He also offered

suggestions of how to keep white clothes looking bright and how/when to remove stains.

Guest: Patric Richardson, clothing and laundry expert, author of "*Laundry Love: Finding Joy in a Common Chore*," host of the Discovery+ Series "The Laundry Guy"

Issue: Public Safety / Online Security – The increasing danger of fake accounts on platforms like Instagram and LinkedIn.

Aired: November 20, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: LinkedIn scams and fake Instagram accounts targeting businesses and executives are growing rapidly. Ms. Carlson discussed the most common scams, how they can dramatically affect businesses and what managers and small business owners can do to protect their companies.

Guest: Karri Carlson, Vice President of Operations for Leadtail, a B2B social media services agency

Issue: Mental Health / Addiction – The need for effective treatment for substance addiction. The need to understand substance abuse.

Aired: November 27, 2022

Time: 6am to 7am

Length of Segment: 23 minutes of 1 hour

Show Description: We spoke with Dr. Shelli Halligan, who explained what being addicted to a substance means. She talked about effective methods for recovering from addiction and went over things that can put someone at risk of falling into addiction.

Issue: Public Health / Disabilities / Government – The need for the public to understand the challenges that disabled people face. How the Americans with Disabilities Act has helped.

Aired: November 27, 2022

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: Mr. Pauli said nearly 1 in 5 Americans live with some form of disability. He discussed some of the challenges they face and explained how the Americans with Disabilities Act has improved many aspects of their lives. He also talked about the role that the media plays in perceptions of the disabled, and how technology improvements have improved mobility for many disabled people.

Guest: Philip Pauli, Policy and Practice Director of RespectAbility, a nonprofit organization dedicated to empowerment and self-advocacy for individuals with disabilities

Issue: Gender Issues / Race Issues / Technology – understanding why women and minorities are underrepresented in high tech.

Aired: November 27, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Only 29% of all science and engineering workers are female, and far fewer are minorities. Natasha Ravinand is a high school junior with a passion for STEM (Science, Technology, Engineering, and Math), who is striving to close the gender gap in tech. She talked about the reasons that girls lose interest in STEM subjects, and why the inclusion of women and minorities in technical workplaces is so important.

Guest: Natasha Ravinand, author of “*Girls with Dreams: Inspiring Girls to Code and Create in the New Generation*”

Issue: Economy / Personal Finances – The need to simplify personal finances in order to stay in control.

Aired: November 27, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Mr. Schwartz talked about the reasons that Americans tend to procrastinate when it comes to their finances. He outlined simple changes consumers can make to simplify their financial accounts, particularly retirement savings. He also explained how to do a self-checkup of health insurance coverage.

Guest: John Schwartz, reporter at The New York Times, author of “*This is the Year I Put My Financial Life in Order*”

Issue: Public Safety / Domestic Violence – The need to understand the real dangers of domestic violence and prevent it from happening. The need to understand the various places – like the workplace – that domestic violence can occur.

Aired: December 4, 2022

Time: 6am to 7am

Length of Segment: 24 minutes of 1 hour

Show Description: Domestic violence is something that doesn't just occur in the home. It can happen at someone's workplace, and so it's very important that employers know how to spot it so it can be dealt with. We spoke with Courtney Cahill, who is an Assistant District attorney and Chief of the Bristol County Domestic Violence Unit, about how domestic violence can present itself and what can be done. She went over the signs to look for if you suspect someone is a victim.

Issue: Race Issues / Education – Understanding educational disparities among different races.

Aired: December 4, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Prof. Brown led a study that found that that black and Hispanic students who earn low grades in introductory science, technology, engineering, and math classes are less likely to earn degrees in these subjects than similar white or Asian students. He talked about the changes that could improve the problem. He said professors who teach introductory STEM courses need much more training in better teaching methods, in order to reach minority students.

Guest: Nate Brown, PhD, Professor of Mathematics, Penn State University

Issue: Public Health / Aging – Understanding how medical advances are affecting human longevity.

Aired: December 4, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Dr. Roizen believes that living to age 110 or 120 is within reach. He discussed the future of longevity, and how new scientific and medical advances are unlocking the ability for us to live younger, longer, and better. He said, in addition to a healthy diet and exercise, having social relationships is one of the biggest keys to slowing the aging process.

Guest: Michael F. Roizen, MD, Chief Wellness Officer and Chair of the Wellness Institute at the Cleveland Clinic, Professor of Medicine at the Cleveland Clinic Lerner College of Medicine, author of "*The Great Age Reboot: Cracking the Longevity Code for a Younger Tomorrow*"

Issue: Technology – Understanding how the robotics technology has advanced.

Aired: December 4, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: It's easy to believe that robots are stealing jobs from human workers and drastically disrupting the labor market. However, Prof. Dahlin led a recent study that found that robots aren't replacing humans at the rate most people think. He noted that workplaces are integrating both employees and robots in ways that generate more value for human labor.

Guest: Eric Dahlin, PhD, Associate Professor in the Sociology department at Brigham Young University

Issue: Public Safety / Gun Violence / Parenting Issues – The need to help children deal with the realities of gun violence.

Aired: December 11, 2022

Time: 6am to 7am

Length of Segment: 22 minutes of 1 hour

Show Description: With recent shootings around the country, including at the University of Virginia, the question came up of how to help kids understand why these things happen. We spoke with Dr. Sam Nordberg, Chief of Behavioral Health at Reliant Medical Group in Worcester, MA, about smart approaches to conversing with kids about tragedy, and particularly gun violence. He talked about how social media plays into the delivery of information, and how parents and teachers can make sure that children aren't further traumatized by violent events.

Issue: Public Health / Cancer – Understanding how lifestyle changes can decrease the risk of cancer.

Aired: December 11, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Cancer remains one of the leading causes of death worldwide, and within the next 20 years, the number of new cancer cases is expected to increase by 70 percent. Dr. Cohen believes that if Americans focused on social and emotional support, stress management, sleep, exercise, diet, and minimizing exposure to environmental toxins, 50 to 70 percent of cancers could be prevented.

Lorenzo Cohen, PhD, Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and Director of the Integrative Medicine Program at the University of Texas MD Anderson Cancer Center in Houston, co-author of *“Anti-Cancer Living”*

Issue: Public Safety / Infrastructure – Understanding the dangers of massive system failures.

Aired: December 11, 2022

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: From train derailments and massive oil spills to bankruptcies and medical errors, system failures are all too common -- and they're becoming more frequent. Dr. Tilzscik explained the common denominator in these system meltdowns. He believes that the increasing complexity and lack of slack in our systems create conditions ripe for failure and corruption. He also explained why diversity in design teams is crucial in preventing serious failures.

Guest: András Tilzscik, PhD, Canada Research Chair in Strategy, Organizations, and Society, and Associate Professor of Strategic Management at the University of Toronto's Rotman School of Management, author of *“Meltdown: Why Our Systems Fail and What We Can Do About It”*

Issue: Homelessness / Veterans Issues – The issue of homelessness among the veteran population.

Aired: December 11, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets, especially those with children. She said her organization has helped more than 5,000 women veterans who are homeless or in domestic violence situations.

Guest: Jas Booth, Veteran, Founder of Final Salute, Inc, a non-profit organization that assists female veterans and their children who are struggling with homelessness

Issue: Race Issues / Racism – The need to better understand how the look of racism has changed over the years.

Aired: December 18, 2022

Time: 6am to 7am

Length of Segment: 22 minutes of 1 hour

Show Description: Racism is an issue that has evolved over the years. Although awareness of it has increased, there still is a long way to go. We spoke with Dr. Felipe Copeland who is a professor at Boston University, about the roots of racism, and how

racism has changed over the years. He discussed ways in which we all can help deal with the issue of racism.

Issue: Suicide / Mental Health – Understanding why there's a belief that suicide rates rise over the holidays.

Aired: December 18, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Dr. Romer discussed annual media claims that the nation's suicide rate rises during the year-end holiday season. He has studied suicide trends for more than 20 years and has found that the average daily suicide rate during the holiday months is among the lowest of the year. He said slightly more than half of news stories that directly discussed the holidays, and the suicide rate supported the myth. He explained why it is important to dispel the misinformation.

Guest: Daniel Romer, PhD, Research Director of the Annenberg Public Policy Center, part of the Annenberg School for Communication at the University of Pennsylvania

Issue: Public Safety / Water Contamination – The danger of lead seeping into water systems.

Aired: December 18, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: About 30% of community water systems have some service lines that contain lead. Prof. McElmurry recently co-authored a study intended to assist state and local water authorities in making decisions about where to prioritize funding for infrastructure improvements on drinking water lead service line replacement programs. He outlined other environmental risks related to the lead exposure issue, and steps consumers can take to protect themselves.

Guest: Shawn P. McElmurry, PhD, PE, Professor and CEE Graduate Program Director in the Department of Civil and Environmental Engineering at Wayne State University in Detroit

Issue: Parenting Issues / Education / Race Issues – Understanding the benefits of extracurricular activities for school age children.

Aired: December 18, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Ms. Allen led a study of extracurricular activities for kindergarten students. She found that children of highly educated mothers were about twice as likely to take part in sports or other after-school activities as those of less educated moms. She also found that white kindergarteners were 2.6 times more likely to participate than children of other races. She explained the learning, achievement, and social development benefits of these activities.

Guest: Elise Allen, graduate student in educational studies at Ohio State University

Issue: Parenting Issues / Education / Race Issues – Understanding the benefits of extracurricular activities for school age children.

Aired: December 18, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Ms. Allen led a study of extracurricular activities for kindergarten students. She found that children of highly educated mothers were about twice as likely to take part in sports or other after-school activities as those of less educated moms. She also found that white kindergarteners were 2.6 times more likely to participate than children of other races. She explained the learning, achievement, and social development benefits of these activities.

Guest: Elise Allen, graduate student in educational studies at Ohio State University

Issue: Suicide – Understanding what brings someone to the point where they are considering suicide. The importance of awareness of resources for those struggling with depression.

Aired: December 25, 2022

Time: 6am to 7am

Length of Segment: 15 minutes of 1 hour

Show Description: With the recent news of a high-profile suicide, we thought it would be a good time to get information out about the dangers of suicide, and what can be done to prevent it. We spoke with Nancy Ferrell from the American Foundation for Suicide Prevention, about why it's so important that people know there are others who will listen to them when they are struggling.. She went over what resources are available for those who are in danger of suicide.

Issue: Legal Issues / Law Enforcement – Understanding the effectiveness of DNA in solving crimes.

Aired: December 25, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Prof. Murphy discussed the privacy and legal concerns raised by the Golden State Killer case, in which a notorious serial killer was captured 30 years after the crimes via DNA submitted to a publicly available genealogy website. She noted that that the type of DNA testing used by genealogy sites is a much broader and more powerful tool than the version permitted in criminal justice databases. She also discussed recent advances that will make DNA testing much faster and even more useful to law enforcement.

Guest: Erin E. Murphy, expert on DNA and forensic evidence, Professor of Law at New York University

Issue: Public Safety / Sexual Harassment – The need for companies to address the issue of sexual harassment

Aired: December 25, 2022

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: The #MeToo movement gripped the nation and toppled major figures throughout society, but a study from the American Psychological Association found that in its aftermath, corporations took weak steps, at best, to prevent sexual harassment and inappropriate conduct. He said most policy and training changes were aimed at limiting the liability of the company, rather than to effect real change. He found that organizations with women in senior leadership roles were much more likely to have taken new steps to prevent harassment and to encourage employees to report it.
Guest: David Ballard, PhD, Director of the American Psychological Association's Center for Organizational Excellence

Issue: Economy / Retirement Planning – The need to start preparing for retirement early.

Aired: December 25, 2022

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Ms. Jason talked about the best ways to start to save for retirement, even for those struggling with student debt. She said it is critical to start young, because of the power of compounding. She also discussed common financial scams that consumers should be alert to.

Guest: Julie Jason, award-winning financial columnist, author of "*Retire Securely*"

Public Service Announcements Fourth Quarter 2022

Throughout the quarter the station aired PSAs during Public Affairs Programming.
The information below reflects community activities and issues.

- :40 seconds – A Bed for Every Child
- :30 seconds – Adoption from Foster Care
- :30 seconds – AHA Stress
- :60 seconds – Al-Anon Family
- :30 seconds – ALA Pneumonia
- :30 seconds – American Academy of Pediatrics – COVID kids
- :30 seconds – American Cancer Society COVID
- :60 seconds – Arthritis Rock the Walk
- :60 seconds – Bright Focus Vision Loss
- :60 seconds – Buzzed Driving Prevention / Ad Council
- :60 seconds – CDC Quit Smoking
- :15 seconds – CDC Updated COVID Info
- :30 seconds – Civic Participation
- :60 seconds – Colon Screening
- :15 seconds – Counterfeit Items
- :60 seconds – COVID Unite to Prevent
- :30 seconds – Disaster Prep Family
- :30 seconds – Easter Seals
- :30 seconds – Empowering Girls in STEM / Ad Council
- :60 seconds – Essential Workers
- :30 seconds – Fatherhood Involvement / Ad Council
- :30 seconds – FDA Drug Facts Label
- :30 seconds – FDA Generics
- :30 seconds – Federal Lung Cancer Screening
- :60 seconds – Feeding Americas Children
- :60 seconds – FEMA Fire Safe America / Ad Council
- :30 seconds – Guns Safe Storage / Ad Council
- :60 seconds – Gynecologic Cancers
- :30 seconds – Health Care Workers thank you
- :30 seconds – Helmets Save Heads
- :30 seconds – High School Diploma / Ad Council
- :30 seconds – Infant Safe Sleep
- :60 seconds – LBGT Discrimination / Ad Council
- :60 seconds – Lions Club Kindness
- :30 seconds – Lung Cancer Screening / Ad Council
- :30 seconds – Lupus Foundation
- :30 seconds – Make-A-Wish Lasso
- :10 seconds – Massachusetts Ballot Questions Info
- :15 seconds – Massachusetts VAXFINDER
- :30 seconds – Medicaid for Children

:60 seconds – Medication Disposal
:60 seconds – Mentally Healthy Nation
:30 seconds – Military Appreciation
:60 seconds – National Moments / Ad Council
:30 seconds – National Council on Aging Health benefits
:60 seconds – Natl Crime Prevention Fakes
:30 seconds – Natl Hemophilia Chapters
:30 seconds – NCCS Childhood Cancers
:30 seconds – NCOA Supermarket
:30 seconds – No Stomach for Cancer
:60 seconds – Obesity
:60 seconds – Obesity City Never Sleeps
:60 seconds – Opioid Disposal
:60 seconds – Opioid Painkiller Abuse
:30 seconds – Opioids What it Spells
:10 seconds – MBTA Orange Line Project Update
:30 seconds – Oxfam America Equality
:30 seconds – Poison Control - Make the Call
:30 seconds – Preparedness Hero / Ad Council
:30 seconds – RAINN Sexual Assault
:30 seconds – Resources for the Blind
:40 seconds – Road Safety Ambulance
:30 seconds – Safe Excavating
:60 seconds – SAHMSA Underage Drinking
:30 seconds – Saving for Retirement / Ad Council
:30 seconds – Sleep Apnea
:60 seconds – St. Jude - Finding Cures
:30 seconds – Stop HIV
:60 seconds – Stop Weight Bias
:60 seconds – Substance Abuse
:60 seconds – Texting and Driving Prevention / Ad Council
:60 seconds – Understanding ADHD
:60 seconds – US Deputy Sheriff's Assoc.
:15 seconds – Veterans Affairs Careers
:30 seconds – Vaccinate Your Family
:30 seconds – Wildfire Prevention / Ad Council
:60 seconds – WWF Ocean Protect
:30 seconds – YMCA / A Better Us