

KTRC AM 1260 & FM 103.7 SANTA FE, NM

**LOCAL COMMUNITY ISSUES AND TOPICS DISCUSSED FIRST QUARTER
2022:**

WAR IN UKRAINE

HOMELESSNESS

WOMEN'S RIGHTS AND HEALTH

POLITICAL CAMPAIGNS AND RACES

EDUCATION

CLIMATE CHANGE

LOCAL ART AND MUSIC EVENTS

ECONOMIC DEVELOPMENT

CRIME

CULTURAL SPLITS AND DIVISION

LGBTQ+ ISSUES

ANIMAL SHELTER NEEDS

RICHARD EEDS - PROGRAM DIRECTOR, HOST

 4/7/22



Weekly Public Affairs Program

Call Letters: _____

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2022

Show # 2022-01

Date aired: 4/3/22 Time Aired: 230 a

Ashley Kendall, PhD, postdoctoral fellow in the University of Illinois at Chicago School of Public Health

Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

Issues covered:

**Youth at Risk
Juvenile Crime**

Length: 8:46

Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario, author of "*The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter*"

Dr. Gibala discussed the value of high intensity workouts. He led a study that found that bursts of short but very intense exercise appear to be just as beneficial as traditional endurance training. He explained why this type of exercise works, and how it can be a good occasional substitute for a conventional workout.

Issues covered:

**Physical Fitness
Personal Health**

Length: 8:29

Daniel McGuinn, editor at Harvard Business Review, author of "*Psyched Up: How the Science of Mental Preparation Can Help You Succeed*"

Of the 2,000 hours we work every year, our success or failure is often determined in the couple of dozen crucial hours when we need to bring our absolute best in a meeting or presentation. Mr. McGuinn discussed the importance of mental preparation in the last few minutes before a major challenge, and offered tips on how to channel nervous jitters into useful emotions.

Issues covered:

**Career
Mental Health**

Length: 4:59

Dan O'Neill, MD, EdD, author of "*Survival of the Fit: How Physical Education Ensures Academic Achievement and a Healthy Life*"

For more than a century, team sports have been a mainstay of American childhood, but the number of kids involved had been falling even before the pandemic. Dr. O'Neill said fear of COVID-19 and much-reduced access to organized sports has caused the drop to accelerate dramatically. He talked about the potential health effects of inactivity and childhood obesity. He said physical fitness levels also have a significant impact on academic performance.

Issues covered:

**Youth Sports
Mental Health
Education**

Length: 8:55

Dr. Christopher M. Smith, PhD Student in Health Sciences, Warwick Medical School, Coventry, England

Automated external defibrillators might be increasingly available for use in the event of a cardiac arrest, but Dr. Smith led a study that found that they aren't being used nearly as much as they should be. He talked about the reasons that bystanders are reluctant to use AEDs and what government officials can do to help.

Issues covered:

**First Aid
Emergency Preparedness
Personal Health**

Length: 5:04

Show # 2022-04

Date aired: 1/24/22 **Time Aired:** 230a

Julia Brewer Daily, MS, former educator, author of "*No Names to Be Given*," a novel based on her real-life story of adoption

Technological advances in home DNA tests and online genealogy have led to a remarkable wave of adoptees locating long-lost parents and siblings. Ms. Daily shared her own story of adoption and locating her biological parents, and discussed the emotional landmines that sometimes accompany attempted reunions.

Issues covered:

**Adoption
Technology**

Length: 8:17

Lisa Hinkelman, PhD, counselor, founder and CEO of Ruling Our eXperiences, Inc., author of "*Girls Without Limits: Helping Girls Succeed in Relationships, Academics, Careers and Life*"

Dr. Hinkelman said teenage girls today face a plethora of major challenges, including more stress and pressure than ever before. She said eight hours per day of social media exposure has had a profound effect on girls, one that parents can scarcely relate to. She explained why girls are experiencing a significant drop in confidence between grades 5 and 9.

Issues covered:

**Girls Issues
Parenting**

Length: 9:00

Show # 2022-06

Date aired: 2/7/22 Time Aired: 230a

Dale Clark Farran, PhD, Emerita Professor, Research Professor in Early Childhood Education at Vanderbilt University's Peabody College of Education and Human Development

Prof. Farran was the lead author of the first statewide randomized controlled trial that followed low-income students from pre-kindergarten through sixth grade, to determine the value of pre-K programs. She was shocked at the results, which found that by third and sixth grade, poor children who attended pre-K scored lower on math, reading and science achievement tests, and were more likely to have been expelled or suspended for disciplinary infractions.

Issues covered:
Early Childhood Education
Poverty

Length: 8:49

Creek Stewart, preparedness expert, Weather Channel host, author of "*The Disaster-Ready Home: A Step-by-Step Emergency Preparedness Manual for Sheltering in Place*"

The federal government urges Americans to have a sufficient supply of emergency food and water for at least three days. Mr. Stewart outlined simple and relatively inexpensive steps anyone can take to set up an emergency food and water supply. He also discussed plans to deal with the loss of power and heat. He also explained what should be in a 72-hour survival kit, for use if someone must leave their home in an emergency.

Issues covered:
Disaster Preparedness
Consumer Matters

Length: 8:33

Aaron Packman, PhD, Professor, Civil and Environmental Engineering, Northwestern University, Director of the Northwestern Center for Water Research

Prof. Packman led a study that found that microplastics can deposit and linger within riverbeds for as long as seven years before washing into the ocean. He outlined the sources of microplastics and explained the effect that this form of pollution has on wildlife, humans and the environment.

Issues covered:
Pollution
Environment

Length: 4:58

Show # 2022-07

Date aired: 2/14/22 Time Aired: 230a

Dakota Witzel, doctoral candidate in Oregon State University's College of Public Health and Human Sciences

Ms. Witzel was the lead author of a paper that found that dwelling on negative aspects of aging can have a measurable negative impact on a person's physical health and ability to respond to stress. She suggested ways to change thought patterns relating to getting older, to reduce stress.

Issues covered:
Aging
Personal Health

Length: 8:17

Wendy M. Troxel, PhD, Senior Behavioral and Social Scientist at the RAND Corporation, Adjunct Professor of Psychiatry and Psychology at the University of Pittsburgh

Dr. Troxel led a state-by-state analysis of the economic implications of a shift in school start times in the US. She found that a nationwide move to 8.30 a.m. could contribute \$83 billion to the U.S. economy within a decade. She said the economic gains would be realized through higher academic and professional performance of students, and reduced car crash rates among adolescents.

Issues covered:
Education
Economy
Youth at Risk

Length: 5:00

Show # 2022-09

Date aired: 2/28/22 **Time Aired:** 230a

Chuck Bell, Programs Director, Advocacy, Consumer Reports

Buy now, pay later schemes are catching the eye of consumers, and, to a lesser extent, of federal regulators. The multi-billion-dollar industry says no-interest BNPL loans are more equitable than credit cards, but Mr. Bell explained how lenders still make money when a buyer theoretically pays no interest, and why these loans can be a spending trap. He said Consumer Reports believes that there is not enough government oversight of these loans.

Issues covered:
Consumer Matters
Government Regulation

Length: 8:43

Gary Sirak, retirement planner, author of *"How to Retire and Not Die: The Three Ps That Will Keep You Young"*

When most Americans ponder retirement planning, they typically think of accumulating money. But Mr. Sirak said clear planning about what to do with one's time after retirement is equally important. He said not retiring at all may be the best option for some, while part time work is another good option for a happy retirement.

Issues covered:
Retirement Planning

Length: 8:40

Kendall Smith, author of *"Rookie Father: A Playbook for Men Experiencing Fatherhood for the First Time"*

According to the U.S. Census, 1 in 4 men who are becoming a parent didn't have a father figure themselves growing up. Mr. Smith shared his own story as the son of a single mom, and the struggles he faced in learning the role of being a father. He offered advice for men entering the new "Dad" stage of their lives.

Issues covered:
Parenting

Length: 5:07

Issues covered:
Social Security
Retirement Planning

Length: 8:59

Bonnie J. Kaplan PhD, co-author of *The Better Brain: How to Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition*

From violent meltdowns on airliners, to abusive tweets aimed at someone with different political beliefs, signs of a meaner, angrier, and more violent America are everywhere. Dr. Kaplan said part of the answer lies in today's typical American diet. She said more than half of Americans' food intake consists of ultra-processed 'products' with virtually no micronutrient content, creating a lack of nourishment in our brains.

Issues covered:
Nutrition
Mental Health

Length: 8:16

Priscila Dib Gonçalves, PhD, post-doctoral research fellow in the Department of Epidemiology at Columbia University's Mailman School of Public Health

Dr. Gonçalves led a study that found that two in five Americans who said they used alcohol and cannabis in the past year drove under the influence of one or both of the intoxicants. She said she hopes that identifying demographics that are at high risk for DUIs could assist in the development of better prevention strategies, and to make people more aware of the dangers.

Issues covered:
Drunk/Impaired Driving

Length: 5:05

Show # 2022-12-3

Date aired: 2/21/22 Time Aired: 230a

Amy Morin, PhD, licensed clinical social worker, college psychology instructor and psychotherapist, author of *13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success*

With safe spaces and trigger warnings designed to "protect" kids, many adults worry that today's kids don't have the resilience to reach their greatest potential. Dr. Morin explained why she believes parents must strive to raise mentally strong and resilient children, and offered suggestions to do it.

Issues covered:
Parenting
Mental Health

Length: 7:31

Marion McGovern, founder and CEO of M Squared Consulting, one of the first gig-economy talent intermediaries, author of *Thriving in the Gig Economy*

The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

Issues covered:
Career
Economy

Length: 9:38