



**KTCK  
DALLAS/FORT WORTH  
ISSUE/PROGRAM REPORT  
FOURTH QUARTER 2016  
January 2, 2017**



## **Part 1 – INTRODUCTION**

KTCK (AM), licensed to Dallas, TX, and KTCT (FM), licensed to Flower Mound, TX, serve the Dallas/Fort Worth area. From October 1 through December 31, 2016, KTCK (AM) & KTCK (FM) aired 30 minutes of public affairs programming weekly. This includes a locally produced weekly program (“Impact Texas”) which focuses on issues affecting our local community and includes guests who have knowledge of these topics.

Weekend Programming:

“Impact Texas” – every Saturday morning from 6:00a – 6:30a.

Details about individual Impact Texas segments are included in Part 2 of this report.

KTCK is a participant in “The Amber Plan”, in which area radio stations alert the public of confirmed child abductions. In the Fourth Quarter of 2016, KTCK activated “The Amber Plan” when necessary, to provide information about child abductions to the general public.

KTCK has determined the following to issues of concern to our audience during the Fourth Quarter of 2016:

- 1-Women and young girls
- 2-Cancer & Health
- 3-Disability Awareness
- 4-Leadership
- 5-Homeless Services and Needs

During this time if KTCK participated in Community Service Projects, they are listed and described in Part 3.

During the Fourth Quarter of 2016, KTCK ran a variety of recorded and live PSAs. The PSAs aired through all day parts, Monday through Sunday from 6:00 AM until 5:59 AM. The following pages describe the station’s most significant treatment of the previously described community issues of concern.

## **Part 2 – KTCK’s SELECTED ISSUES OF CONCERN**

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Girls Inc of Dallas  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – October 1, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** Girls Inc of Metropolitan Dallas inspires all girls to be strong, smart and bold. We talked with the Chief Executive Officer, Lori Palmer, before her retirement, about the program, the services which Girls Inc provide to girls in the metro Dallas area, as well as upcoming events and volunteer opportunities.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** American Cancer Society  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – October 8, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** This week we spoke to the Communications Director for American Cancer Society in Dallas. We also spoke to the Chief Cancer Control Officer for American Cancer Society, Richard Wender. We talked about National Breast Cancer Awareness Month as well as various other cancer related topics, and what Mr. Wender is doing with American Cancer Society to spread awareness regarding many cancers which are preventable.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** The Family Place  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – October 15, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** October is National Domestic Violence Awareness Month. We talked to Paige Flink, Executive Director for The Family Place. In 2015, they provided services to a total of 10,729 clients with 141,317 hours of service in Spanish and in English. When families are in our care, The Family Place works to meet all of their needs. At their Safe Campus, they feed more than 50 kids every day, providing meals and after-school snacks.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Second Chance Society – Sudden Cardiac Arrest  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – October 22, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** This week we talked to the founder of the Second Chance Society, the DFW affiliate for the Sudden Cardiac Arrest Association. We talked about statistics, warning signs and prevention of Sudden Cardiac Arrest.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Camp Summit Texas  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – October 29, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** This week we visited with the Executive Director of Camp Summit Texas, a vacation camp for children and adults with disabilities, which has been providing services promoting independence since 1947. We talked about the camp, qualifications as well as the benefits of the camp. In November, Hondo, host of Impact Texas, emceed the 15<sup>th</sup> annual Boots & Bandanas benefit dinner and auction benefitting Camp Summit. Details of this and the funds raised are listed in section 3 of this report.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Ronald McDonald House of Dallas  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – November 5, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** This week we visited with Jill Jacobs Cumnock, Executive Director for the Ronald McDonald House of Dallas. This is a place where families stay while their child or loved ones are in one of the many hospitals in the Dallas area. We visited about the history of the house, the qualifications to stay, and volunteer opportunities at their many events, including The Trains At Northpark, which is in its 29<sup>th</sup> year and benefits the RMHD.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Ronald McDonald House Fort Worth  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – November 12, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** This week we went to the other side of the DFW Metroplex to Fort Worth and visited with Jennifer Johns, Executive Director for the Ronald McDonald House of Fort Worth. Much like Dallas, we visited about the history of the Fort Worth location, the needs for volunteer assistance as well as the criteria for staying at the RMHFW.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Girl Scouts of Northeast Texas  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – November 19, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** This week we visited with Jennifer Bartkowski, CEO of the Girl Scouts of Northeast Texas. We talked about the benefits of Girl Scouts, STEM and its importance with girls, as well as the annual cookie campaign. We also talked about an annual program called Share The Warmth. Girl Scouts collect new and gently used blankets to donate to another nonprofit, CitySquare which assists the homeless.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Girl Scouts of Northeast Texas  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – November 26, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** Due to unforeseen circumstances, last week's interview with Girl Scouts aired again this weekend.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Parkinson Voice Project  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – December 3, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** This week we visited with the founder of Parkinson Voice Project in Richardson, Texas. This organization has been providing therapy and services to North Texans suffering from Parkinson's for many years. They recently announced they will be expanding their location to include a larger clinic to assist greater. We talked about this expansion plan, the services they provide, and volunteer opportunities.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Operation Care, International  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – December 10, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** For over 15 years this organization has been working to assist the homeless with various services. We visited with the founder about those services and programs. We also discussed the need for volunteers at their many events.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Austin Street Center  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – December 17, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** This week we visited Austin Street Center, a homeless shelter which has been centered in Dallas for over 30 years. We talked about the new “face” of poverty, stigmas on homelessness as well as volunteer opportunities with their shelter.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** Salvation Army DFW  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – December 24, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** We visited with Majors John & Barbara Rich who head up the Salvation Army DFW. We talked about various programs such as their Red Kettle & Angel Tree programs, as well as housing programs and services for North Texans affected by domestic violence.

**SERIES TITLE:** Impact Texas  
**PROGRAM:** SCORE  
**SEGMENT LENGTH:** 30 minutes  
**DATE AIRED:** Saturday – December 31, 2016  
**TIME AIRED:** 6:00 AM – 6:30 AM  
**SOURCE:** Local In-House  
**DESCRIPTION:** This week we visited with Mike Jones from SCORE Fort Worth. With 2017 around the corner, we talked about starting the year off right if you are looking to go into business yourself. We discussed the tools and services SCORE offers to potential entrepreneurs.

## **Part 3 – OTHER COMMUNITY INVOLVEMENT FOR KTCK**

### **COMMUNITY EVENTS**

#### **October 3<sup>rd</sup>- National Kidney Foundation**

Hardline broadcasted LIVE from the Dallas Athletic Club on October 3<sup>rd</sup>. The broadcast was to raise awareness for the National Kidney Foundation.

#### **October 15<sup>th</sup>- Komen Race for The Cure**

On October 15<sup>th</sup> The Ticket promotions crew was on-site at the Susan G Komen race for the cure.

#### **October 21<sup>st</sup>- Dallas Putting Challenge at Cedar Crest Golf Course.**

This Championship is a two person, best ball competition, with a shot gun start, putting all 18 holes with prizes for the top ten teams. We raised \$10,000 for the "I AM" Organization/Scholarships

#### **October 23<sup>rd</sup>- Flinging D Golf Tournament**

On October 23<sup>rd</sup>, The Shake Joint broadcast LIVE and then some of the Ticket talent and our listeners competed in a disc golf tournament to raise money and awareness for Mother's Against Drunk Driving. We raised \$5,400.00 that day!

#### **December 1<sup>st</sup>- Skinny IT**

BaD Radio broadcasted live from the Skinny I. T. for the Holly Jolly Toy Drive benefiting the Ronald McDonald House of Dallas. Many families don't have the time or the financial means to buy gifts this holiday season and they need your help P1's.

#### **December 1<sup>st</sup>- Whataburger in Frisco**

Norm and Donovan broadcasted LIVE from the Whataburger in Frisco to raise awareness for the Austin Street Center and the Normathon 2016. While on-site listeners were able to stop by and donate jackets and blankets to be donated to the Austin Street Center.

#### **December 7<sup>th</sup>- Whataburger in Fort Worth**

BaD Radio broadcasted LIVE from the Whataburger in Fort Worth to raise awareness for the Austin Street Center and the Normathon 2016. While on-site listeners were able to stop by and donate jackets and blankets to be donated to the Austin Street Center.

#### **December 15<sup>th</sup>- Whataburger in Mansfield**

Norm and Donovan broadcasted LIVE from the Whataburger in Mansfield to raise awareness for the Austin Street Center and the Normathon 2016. While on-site listeners were able to stop by and donate jackets and blankets to be donated to the Austin Street Center.

## **December 28<sup>th</sup>- Whataburger Normathon 2016**

Sportsradio 1310 AM & 96.7FM The Ticket is proud to announce that the 16<sup>th</sup> Annual Whataburger Norm-a-thon raised \$478,000 this year. During this year's Norm-a-thon special guests Jon Daniels, Eddie Gossage, Rick Caslisle, Cliff Harris, Troy Aikman, Jeff Banister, Martin and Gerina Piller, Travis Frederick, June Jones, Mike Heika, Rick Gosselin, Vince Young, Eric Nadel, David Moore, Robert Wilonsky, Kevin Von Erich, Jeff Bowers and Brian Dameris called in or appeared at the event to make it a special day for the listeners.

Norm-a-thon is an initiative headed by Norm Hitzges to raise funds for the Austin Street Centre, a nonprofit organization that provides emergency shelter and related services in the Dallas area. Norm-a-thon has raised over \$4 million in its 16-year history and has exceeded donation expectations for the 16th year, thanks to loyal P1s (Ticket listeners) and generous sponsors such as Whataburger and Starpower.



**ISSUES AND PROGRAMS  
QUARTERLY DOCUMENTATION  
FOURTH QUARTER 2016**

**KTCK-AM/FM**

<i>ISSUES</i>	<i>SOURCE/ DURATION</i>	<i>TIME</i>	<i>DAY/DATE</i>
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**OCTOBER 2016**

<b><i>Impact Texas</i></b> <i>Girls, Inc. of Dallas</i>	<b><i>Local In-House</i></b> 30:00	<b><i>6a-6:30a</i></b>	<b><i>SAT 10/01</i></b>
<b><i>InfoTrak</i></b> <i>Constitutional Rights, Legal Matters, Crime</i>	<b><i>Other</i></b> 9:03	<b><i>6:30a-7a</i></b>	<b><i>SAT 10/01</i></b>
<i>Personal Health, Consumer Matters</i>	8:11		
<i>Education, Workplace Matters</i>	4:41		
<b><i>Impact Texas</i></b> <i>American Cancer Society</i>	<b><i>Local In-House</i></b> 30:00	<b><i>6a-6:30a</i></b>	<b><i>SAT 10/08</i></b>
<b><i>InfoTrak</i></b> <i>Medicare, Senior Citizens, Healthcare</i>	<b><i>Other</i></b> 9:13	<b><i>6:30a-7a</i></b>	<b><i>SAT 10/08</i></b>
<i>Food Safety, Personal Health, Consumer Matters</i>	8:01		
<i>Influenza, Personal Health</i>	4:58		
<b><i>Impact Texas</i></b> <i>The Family Place</i>	<b><i>Local In-House</i></b> 30:00	<b><i>6a-6:30a</i></b>	<b><i>SAT 10/15</i></b>
<b><i>InfoTrak</i></b> <i>Libraries, Local Government, Education</i>	<b><i>Other</i></b> 8:11	<b><i>6:30a-7a</i></b>	<b><i>SAT 10/15</i></b>
<i>Workplace Matters, Career, Mental Health</i>	9:06		
<i>Alzheimer's Disease, Personal Health</i>	4:58		

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**OCTOBER 2016 (cont'd)**

<b><i>Impact Texas</i></b> <i>Second Chance Society – Sudden Cardiac Arrest</i>	<b><i>Local In-House</i></b>  30:00	<b><i>6a-6:30a</i></b>	<b><i>SAT 10/22</i></b>
<b><i>InfoTrak</i></b> <i>Consumer Matters, Career Personal Health, Technology Education, Youth at Risk</i>	<b><i>Other</i></b> 9:54 7:11 5:00	<b><i>6:30a-7a</i></b>	<b><i>SAT 10/22</i></b>

<b><i>Impact Texas</i></b> <i>Camp Summit Texas</i>	<b><i>Local In-House</i></b> 30:00	<b><i>6a-6:30a</i></b>	<b><i>SAT 10/29</i></b>
<b><i>InfoTrak</i></b> <i>Identity Theft, Consumer Matters Women's Issues, Senior Citizens, Retirement Mental Health, Career</i>	<b><i>Other</i></b> 9:29 7:40 4:57	<b><i>6:30a-7a</i></b>	<b><i>SAT 10/29</i></b>

**NOVEMBER 2016**

<b><i>Impact Texas</i></b> <i>Ronald McDonald House of Dallas</i>	<b><i>Local In-House</i></b> 30:00	<b><i>6a-6:30a</i></b>	<b><i>SAT 11/05</i></b>
<b><i>InfoTrak</i></b> <i>Education, Parenting Mental Health, Workplace Matters Personal Health, Emergency Preparedness</i>	<b><i>Other</i></b> 8:21 8:48 5:00	<b><i>6:30a-7a</i></b>	<b><i>SAT 11/05</i></b>

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**NOVEMBER 2016 (cont'd)**

<b><i>Impact Texas</i></b> <i>Ronald McDonald House of Ft. Worth</i>	<b><i>Local In-House</i></b> 30:00	<b><i>6a-6:30a</i></b>	<b><i>SAT 11/12</i></b>
<b><i>InfoTrak</i></b> <i>Education, Parenting</i>	<b><i>Other</i></b> 9:00	<b><i>6:30a-7a</i></b>	<b><i>SAT 11/12</i></b>
<i>Women's Issues, Workplace Matters</i>	8:13		
<i>Personal Health, Crime, Government</i>	4:55		
<b><i>Impact Texas</i></b> <i>Girl Scouts of Northeast Texas</i>	<b><i>Local In-House</i></b> 30:00	<b><i>6a-6:30a</i></b>	<b><i>SAT 11/19</i></b>
<b><i>InfoTrak</i></b> <i>Senior Citizens, Retirement Planning</i>	<b><i>Other</i></b> 8:36	<b><i>6:30a-7a</i></b>	<b><i>SAT 11/19</i></b>
<i>Education, Consumer Matters, Parenting</i>	8:38		
<i>Girl's Issues, Parenting</i>	5:01		
<b><i>Impact Texas</i></b> <i>Girl Scouts of Northeast Texas</i> <i>(re-broadcast)</i>	<b><i>Local In-House</i></b> 30:00	<b><i>6a-6:30a</i></b>	<b><i>SAT 11/26</i></b>
<b><i>InfoTrak</i></b> <i>Education, Parenting</i>	<b><i>Other</i></b> 8:31	<b><i>6:30a-7a</i></b>	<b><i>SAT 11/26</i></b>
<i>Personal Health</i>	8:47		
<i>Consumer Matters, Nutrition, Government Policies</i>	5:16		

**ISSUES AND PROGRAMS  
QUARTERLY DOCUMENTATION  
FOURTH QUARTER 2016**

**KTCK-AM/FM**

<i>ISSUES</i>	<i>SOURCE/ DURATION</i>	<i>TIME</i>	<i>DAY/DATE</i>
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**DECEMBER 2016**

<b><i>Impact Texas</i></b> <i>Parkinson Voice Project</i>	<b><i>Local In-House</i></b> <i>30:00</i>	<b><i>6a-6:30a</i></b>	<b><i>SAT 12/03</i></b>
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<b><i>InfoTrak</i></b> <i>Teenage Driving, Youth At Risk, Parenting</i>	<b><i>Other</i></b> <i>9:22</i>	<b><i>6:30a-7a</i></b>	<b><i>SAT 12/03</i></b>
<i>Stalking, Youth At Risk, Mental Health</i>	<i>7:58</i>		
<i>Consumer Issues, Economic Issues, Seniors &amp; Retirement</i>	<i>4:48</i>		

<b><i>Impact Texas</i></b> <i>Operation Care International</i>	<b><i>Local In-House</i></b> <i>30:00</i>	<b><i>6a-6:30a</i></b>	<b><i>SAT 12/10</i></b>
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<b><i>InfoTrak</i></b> <i>Education, Parenting</i>	<b><i>Other</i></b> <i>7:39</i>	<b><i>6:30a-7a</i></b>	<b><i>SAT 12/10</i></b>
<i>Consumer Matters, Home Ownership</i>	<i>9:25</i>		
<i>Personal Health, Consumer Matters</i>			
<i>Government Spending</i>	<i>4:55</i>		

<b><i>Impact Texas</i></b> <i>Austin Street Center</i>	<b><i>Local In-House</i></b> <i>30:00</i>	<b><i>6a-6:30a</i></b>	<b><i>SAT 12/17</i></b>
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<b><i>InfoTrak</i></b> <i>Age Discrimination, Workplace Matters, Senior Citizens</i>	<b><i>Other</i></b> <i>8:41</i>	<b><i>6:30a-7a</i></b>	<b><i>SAT 12/17</i></b>
<i>Consumer Matters, Personal Privacy</i>	<i>8:29</i>		
<i>Personal Finance, Consumer Matters</i>	<i>4:58</i>		

**ISSUES AND PROGRAMS  
QUARTERLY DOCUMENTATION  
FOURTH QUARTER 2016**

**KTCK-AM/FM**

<i>ISSUES</i>	<i>SOURCE/ DURATION</i>	<i>TIME</i>	<i>DAY/DATE</i>
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<b><u>DECEMBER 2016 (cont'd)</u></b>			
<b><i>Impact Texas</i></b> <i>Salvation Army DFW</i>	<b><i>Local In-House</i></b> <i>30:00</i>	<b><i>6a-6:30a</i></b>	<b><i>SAT 12/24</i></b>
<b><i>InfoTrak</i></b> <i>Mental Health, Career</i>	<b><i>Other</i></b> <i>7:22</i>	<b><i>6:30a-7a</i></b>	<b><i>SAT 12/24</i></b>
<i>Nutrition, Personal Health</i>	<i>7:44</i>		
<i>Education, Poverty</i>	<i>4:51</i>		
<b><i>Impact Texas</i></b> <i>SCORE</i>	<b><i>Local In-House</i></b> <i>30:00</i>	<b><i>6a-6:30a</i></b>	<b><i>SAT 12/31</i></b>
<b><i>InfoTrak</i></b> <i>Women's Issues, Consumer Matters,</i>	<b><i>Other</i></b> <i>8:36</i>	<b><i>6:30a-7a</i></b>	<b><i>SAT 12/31</i></b>
<i>Parenting, Media</i>	<i>8:38</i>		
<i>Mental Health, Technology</i>	<i>4:54</i>		
<i>Volunteerism, Poverty, Homelessness,</i>			
<i>Environment</i>			



Call Letters: KTCK-AM/FM

Weekly Public Affairs Program

## QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2016

Show # 2016-40

**Date aired: Sat 10/01/16 Time Aired: 6:30a-7a**

**James J. Duane**, Professor at Regent Law School in Virginia Beach, VA, author of "*You Have the Right to Remain Innocent*"

Prof. Duane explained the importance of the Fifth Amendment. He believes it is a constitutional right not clearly or widely understood by the average American. He explained why he advises everyone to never answer questions from law enforcement officers without legal representation. He believes when someone is wrongfully convicted of a crime they didn't commit, often it is because of information they voluntarily gave to investigators.

**Issues covered:**  
**Constitutional Rights**  
**Legal Matters**  
**Crime**

**Length: 9:03**

**Frank Lalli**, investigative journalist, author of "*Your Best Health Care Now: Get Doctor Discounts, Save With Better Health Insurance, Find Affordable Prescriptions*"

Mr. Lalli shared his personal story: after he was diagnosed with multiple myeloma, a treatable form of blood cancer, he put his reporter's instincts to work and got the wonder drug he needed at an affordable price—thousands of dollars less than he was told he would have to spend. He explained how to negotiate doctors' fees and how to search for assistance in paying for medications.

**Issues covered:**  
**Personal Health**  
**Consumer Matters**

**Length: 8:11**

**Alan Cook**, Licensed Contractor, author of "*A Trip to the Number Yard*"

America's math proficiency is rated 24<sup>th</sup> out of 29 math-tested countries. Mr. Cook talked about the problem of mathematic illiteracy for both do-it-yourselfers and trade professionals, and the mishaps that sometimes occur as a result. He explained which math skills are crucial to these blue-collar endeavors. He believes the main problem is that that our nation's schools have failed to teach math in an engaging manner.

**Issues covered:**  
**Education**  
**Workplace Matters**

**Length: 4:41**

Show # 2016-41

**Date aired: Sat 10/08/16 Time Aired: 6:30a-7a**

**Philip Moeller**, author of *“Get What’s Yours for Medicare: Maximize Your Coverage, Minimize Your Costs”*

Health costs are the biggest unpredictable expense for older Americans, who are turning 65 at the rate of 10,000 a day. While Medicare guarantees them affordable health insurance, few Americans know what Medicare covers and what it doesn’t, what it costs, and when to sign up. Mr. Moeller explained why Medicare has become so confusing, and how people approaching retirement can understand these complex and important choices.

**Issues covered:**

**Length: 9:13**

**Medicare  
Senior Citizens  
Healthcare**

**Caitlin Shetterly**, author of *“Modified: GMOs and the Threat to Our Food, Our Land, Our Future”*

GMO products are among the most consumed and the least understood substances in the United States today. Ms. Shetterly shared her personal story of how GMOs affect her family’s health. She explained why consumers should learn more about GMOs and why organic foods can be a sensible choice.

**Issues covered:**

**Length: 8:01**

**Food Safety  
Personal Health  
Consumer Matters**

**Ken Redcross, MD**, board-certified internal medicine physician in New York state

Cold and flu season is here, but Dr. Redcross said there are actually three major viruses that people should be concerned about. He explained how to identify the symptoms of each virus, and what the treatment options are.

**Issues covered:**

**Length: 4:58**

**Influenza  
Personal Health**

Show # 2016-42

**Date aired: Sat 10/15/16 Time Aired: 6:30a-7a**

**Karin Slaughter**, bestselling author, Founder of the “Save the Libraries”

Ms. Slaughter’s organization raises funds for libraries in underprivileged communities. She said libraries are the backbone of our nation’s educational infrastructure, and they are being slowly dismantled by financially-troubled municipalities and apathetic politicians. She explained the crucial relationship between libraries and schools. She offered suggestions of what the average citizen can do to help their local library.

**Issues covered:**

**Libraries  
Local Government  
Education**

**Length: 8:11**

**William Schiemann, PhD**, organizational psychologist, CEO of Metrus Group, author of “*Fulfilled! Critical Choices – Work, Home, Life*”

One out of five men in their twenties without a college degree has not worked at all in the past 12 months. Dr. Schiemann noted that these younger, lower-skilled men are now less likely to work, less likely to marry and more likely to live with parents, yet many of them feel fulfilled. He has found that success does not necessarily equal fulfillment. He explained the key drivers of fulfillment, both at home and at work, and why it is so important.

**Issues covered:**

**Workplace Matters  
Career  
Mental Health**

**Length: 9:06**

**Costantino Iadecola, M.D.**, Anne Parrish Titzell Professor of Neurology and Director of the Brain and Mind Research Institute at Weill Cornell Medical College in New York

Dr. Iadecola authored a report for the American Heart Association which found that high blood pressure, especially in middle age, is associated with an increased risk of cognitive impairment later in life. He outlined steps to deal with high blood pressure.

**Issues covered:**

**Alzheimer’s Disease  
Personal Health**

**Length: 4:58**



Show # 2016-43

**Date aired: Sat 10/22/16 Time Aired: 6:30a-7a**

**Robert Cialdini, PhD**, social psychologist, Regents' Professor Emeritus of Psychology and Marketing at Arizona State University, former visiting Professor of Marketing, Business and Psychology at Stanford University and the University of California at Santa Cruz, author of "*Pre-Suasion: A Revolutionary Way to Influence and Persuade*"

Dr. Cialdini talked about the science behind persuasion. He said it's not so much about the message, but what happens in the moment before the message is delivered. He explained how consumers can recognize when they are the target of this sales technique. He also discussed how it can be used in job interviews and other common daily activities.

**Issues covered:**

**Length: 9:54**

**Consumer Matters  
Career**

**Ateev Mehrotra, MD**, Senior Investigator and Associate Professor of Health Care Policy at Harvard Medical School

Increasingly powerful computers are playing a greater role in our lives every year. Could a computer match, or even outperform, human physicians in diagnosing illnesses? Dr. Mehrotra led a study that found that humans still have the upper hand--for now. He outlined several possible ways that computers may play a greater role in future healthcare scenarios.

**Issues covered:**

**Length: 7:11**

**Personal Health  
Technology**

**Nicholson Baker**, teacher, author of "*Substitute: Going to School With a Thousand Kids*"

Mr. Baker worked as on-call substitute teacher in a Maine public school district. He discussed the state of public schooling in America: children swamped with assignments, overwhelmed by social media and educational technology, and staff who struggle with overly ambitious curriculums.

**Issues covered:**

**Length: 5:00**

**Education  
Youth at Risk**

Show # 2016-44

**Date aired: Sat 10/29/16 Time Aired: 6:30a-7a**

**Adam Levin**, founder of security management and resolution company IDT911, author of "*Swiped: How to Protect Yourself in a World Full of Scammers, Phishers, and Identity Thieves*"

With online breaches of massive databases becoming increasingly common, identity theft is a fact of life. Mr. Levin explained the most common schemes used by scammers, to steal consumers' private information. He said beyond simple identity theft, other forms such as medical-related, tax fraud-related and child identity theft are all increasing rapidly. He offered suggestions for consumers on how to avoid becoming a victim.

**Issues covered:**

**Identity Theft  
Consumer Matters**

**Length: 9:29**

**Deborah Carr, PhD**, Professor of Sociology, Interim Director of the Institute for Health, Health Care Policy and Aging Research at Rutgers University

A recent federal report noted that, no matter how advanced their age, older men are far more likely to be married than older women. Dr. Carr said life expectancy explains only part of this gray gender gap. She discussed the economic, social and health effects of this issue. She also explained why many older women are content to be single anyway.

**Issues covered:**

**Women's Issues  
Senior Citizens  
Retirement**

**Length: 7:40**

**Jonathan Dirlam**, doctoral student in Sociology at Ohio State University

Mr. Dirlam was the lead author of a study that found that job satisfaction in a worker's late 20s and 30s has a link to mental health 15-20 years later. He said those less than happy with their work early in their careers reported that they were more depressed and worried and had more trouble sleeping in their 40s.

**Issues covered:**

**Mental Health  
Career**

**Length: 4:57**

Show # 2016-45

**Date aired: Sat 11/05/16 Time Aired: 6:30a-7a**

**Robert Neuman, PhD**, former associate dean of academic advising at Marquette University, author of *“Are You Really Ready for College?: A College Dean’s 12 Secrets for Success - What High School Students Don’t Know”*

Roughly 2/3rds of college students fail to earn a degree in four years, and Dr. Neuman believes the reason is that they are ill-prepared. He outlined several strategies that high school students can use to enter college with the knowledge, learning skills and work ethic required to succeed. He explained why extra-curricular activities are also quite important when submitting a college application.

**Issues covered:**

**Length: 8:21**

**Education**

**Parenting**

**Graeme Cowan**, corporate mental health consultant, author of *“Back from the Brink: True Stories and Practical Help for Overcoming Depression and Bipolar Disorder”*

One in five Americans takes at least one psychiatric medication, such as an anti-depressant or anti-anxiety drug. Mr. Cowan shared his own story of battling depression. He explained how depression can affect a company’s workforce, and how managers and co-workers can help someone who is suffering for depression, stress or other mental health issues.

**Issues covered:**

**Length: 8:48**

**Mental Health**

**Workplace Matters**

**Dana Peres Edelson, MD**, Director of Clinical Research at the Emergency Resuscitation Center at the University of Chicago Medical Center

Dr. Edelson was a co-author of revised guidelines for cardiopulmonary resuscitation for The American Heart Association. She outlined the current recommendations for CPR procedures, and said chest compression should be the top priority in a cardiac emergency.

**Issues covered:**

**Length: 5:00**

**Personal Health**

**Emergency Preparedness**

Show # 2016-46

**Date aired: Sat 11/12/16 Time Aired: 6:30a-7a**

**Jonathon Wai, PhD**, Psychologist, Research Scientist at the Duke University Talent Identification Program

Dr. Wai is one of the researches involved in a 45 year study of intellectually gifted children. He noted that kids who test in the top 1% tend to become the nation's eminent scientists and academics, Fortune 500 CEOs and federal judges, senators and billionaires. He said, because of the focus on lower performing students, youngsters who show an early aptitude for subjects like science and math tend not to receive the help they need. He offered several simple steps schools can take to help gifted students reach their full potential.

**Issues covered:**

**Education  
Parenting**

**Length: 9:00**

**Joann S. Lublin**, Management News Editor for the Wall Street Journal, author of "*Earning It: Hard-Won Lessons from Trailblazing Women at the Top of the Business World*"

Ms. Lublin said that, although career prospects have improved, progress is still frustratingly slow for women hoping to break the glass ceiling in large companies. She explained what it takes for women to climb to corporate heights in America, such as finding a career mentor.

**Issues covered:**

**Women's Issues  
Workplace Matters**

**Length: 8:13**

**Sage R. Myers, MD, MSCE**, Assistant Professor in Pediatrics at the University of Pennsylvania Perelman School of Medicine, Attending Physician in the Division of Emergency Medicine at Children's Hospital of Philadelphia

Contrary to what many believe, living in the city is far less risky than in the country, according to a study Dr. Myers recently completed. She said that although homicides in cities still outpace those in rural areas, the risk of dying from some form of accident or injury is 20 percent greater in rural counties. She explained how this research can be used for future planning of trauma centers and other improvements to the medical system.

**Issues covered:**

**Personal Health  
Crime  
Government**

**Length: 4:55**

Show # 2016-47

**Date aired: Sat 11/19/16 Time Aired: 6:30a-7a**

**Melanie Cullen**, management and technology consultant, author of *"Get It Together: Organize Your Records So Your Family Won't Have To"*

Ms. Cullen said disorganization can be a nightmare for those who need to step in to help an elderly person as a caregiver or estate executor. She offered simple ways to organize important records like passwords, financial records, insurance policies, funeral arrangements, and other personal information.

**Issues covered:**

**Length: 8:36**

**Senior Citizens**

**Retirement Planning**

**Peter Mazareas, PhD**, worked with the U.S. Congress on legislation to create 529 savings plans, co-author of *"Plan and Finance Your Family's College Dreams: A Parent's Step-By-Step Guide from Pre-K to Senior Year"*

Planning and paying for a college education is a daunting task for most parents. Dr. Mazareas discussed the merits and complexities of 529 savings plans, which allow parents to save tax-free for higher education expenses. He said that there are numerous free and easy-to-access tools for parents to plan for the costs of college.

**Issues covered:**

**Length: 8:38**

**Education**

**Consumer Matters**

**Parenting**

**Pamela Rutledge, PhD**, Director of the Media Psychology Research Center, Fielding Graduate University in Santa Barbara, CA, author the "Positively Media" column for PsychologyToday.com, Editor-in-Chief of the academic journal Media Psychology Review

Dr. Rutledge talked about the effect of selfies, Instagram and other social media phenomenon on girls' self-esteem. She believes that parents should not be overly concerned, that selfies are just the latest form of exploration and identity experimentation in teenagers' formative years.

**Issues covered:**

**Length: 5:01**

**Girl's Issues**

**Parenting**

Show # 2016-48

**Date aired: Sat 11/26/16 Time Aired: 6:30a-7a**

**AnnMarie Thomas, PhD**, Associate Professor, School of Engineering at the University of St. Thomas, author of "*Making Makers: Kids, Tools, and the Future of Innovation*"

Dr. Thomas said many of today's engineering students have few hands-on skills or the ability to actually make or fix something. She explained why it is crucial to encourage today's youth to think creativity and innovatively. She offered suggestions for parents who want to teach their children to be able to use their hands to make things.

**Issues covered:**

**Education**

**Parenting**

**Length: 8:31**

**Valter Longo, PhD**, biogerontologist and cell biologist, Professor at the University of Southern California-Davis School of Gerontology, Director of the USC Longevity Institute

Dr. Longo has led multiple studies examining the effect of fasting on life extension and cancer therapy. His latest study found that a three-day fast appears to significantly increase the effectiveness of chemotherapy treatments. He talked about the possible reasons behind this finding, and what people need to know before considering a fast.

**Issues covered:**

**Personal Health**

**Length: 8:47**

**Sara Bleich, PhD**, Associate Professor at Johns Hopkins Bloomberg School of Public Health.

Dr. Bleich believes consumers make poor nutritional choices because the concept of calories means very little to them. She conducted a study of urban teenagers in which signs were placed in convenience stores, informing patrons that it would take five miles of walking to burn up the calories from a soft drink. Soda sales declined, not only while the signs were posted, but even weeks after they were removed. She explained the importance of finding ways to communicate nutritional information in more useable formats.

**Issues covered:**

**Consumer Matters**

**Nutrition**

**Government Policies**

**Length: 5:16**

Show # 2016-49

**Date aired: Sat 12/03/16 Time Aired: 6:30a-7a**

**Pam S. Fischer**, consultant for the Governors Highway Safety Association, principal of Pam Fischer Consulting in Hackettstown, NJ

Recent government data found a ten percent spike in teen driver-involved fatal crashes. Ms. Fischer outlined the current teen driving restrictions used in most states. She believes that states should consider strengthening their teen licensing requirements. She said the brain is not fully developed in teenagers, so teens don't assess risk in the same way as adults.

**Issues covered:**

**Length: 9:22**

**Teenage Driving**

**Youth at Risk**

**Parenting**

**Dennis E. Reidy, PhD**, Clinical Neuropsychologist, Behavioral Scientist in the Division of Violence Prevention at the Centers for Disease Control and Prevention in Atlanta

Stalking is a widely recognized public health concern, yet little information is available about stalking behaviors among teenage victims. Dr. Reidy led a study that determined that found that 14% of girls and 13% of boys have been victims of stalking. In addition, the survey found that the stalked teens were more likely to report symptoms linked to depression, as well as risky behavior such as binge drinking and sexting.

**Issues covered:**

**Length: 7:58**

**Stalking**

**Youth at Risk**

**Mental Health**

**Susan Feitelberg**, Certified Financial Planner, Senior Vice President at Morgan Stanley, author of "*The Net Worth Workout*"

Ms. Feitelberg discussed the baby boom generation's shaky financial fitness, particularly in the area of retirement planning. She offered suggestions on how consumers can assess their current financial condition and set achievable financial goals.

**Issues covered:**

**Length: 4:48**

**Consumer Issues**

**Economic Issues**

**Seniors & Retirement**

Show # 2016-50

**Date aired: Sat 12/10/16 Time Aired: 6:30a-7a**

**Stephanie Ruest, MD, FAAP**, Pediatric Emergency Medicine Fellow at Rhode Island Hospital, fellow of the American Academy of Pediatrics

Dr. Ruest's research on behalf of the American Academy of Pediatrics found that the more time children spend using digital devices, the less likely they are to finish their homework. Children who spent two to four hours a day using computers, videogames, tablets and smartphones had 23 percent lower odds of always or usually finishing their homework, compared to children who spent less than two hours. Dr. Ruest offered advice to parents on how to monitor and control digital usage.

**Issues covered:**

**Length: 7:39**

**Education  
Parenting**

**Laura Adams**, Senior Insurance Analyst for insuranceQuotes.com

Ms. Adams outlined a new study by insuranceQuotes that found that 86% of Americans are unaware that insurers use the claims history of previous homeowners to set premiums for new policies. She explained why consumers are unaware of this database, what it contains, and how they can obtain a free report for their property.

**Issues covered:**

**Length: 9:26**

**Consumer Matters  
Home Ownership**

**Heidi Williams, PhD**, Class of 1957 Career Development Associate Professor in the Department of Economics at Massachusetts Institute of Technology

The average amount an American spends on healthcare varies wildly, depending on where they live. Yet the outcome—average life expectancies—are similar. Dr. Williams co-authored a study of millions of Medicare patients' records. She found that decisions by patients and doctors are responsible for virtually equal shares of the differences in regional spending.

**Issues covered:**

**Length: 4:55**

**Personal Health  
Consumer Matters  
Government Spending**



Show # 2016-51

**Date aired: Sat 12/17/16 Time Aired: 6:30a-7a**

**Michael C. Harper**, expert in employment discrimination law, Barreca Labor Relations Scholar and Professor of Law, Boston University School of Law

Prof. Harper discussed the growing influence of age discrimination in today's job market. He explained the reasons that employers often avoid older job applicants. He said the Age Discrimination in Employment Act, which prohibits employment discrimination against anyone 40 or older, is highly ineffective. Prof. Harper believes the law should be reformed to make it at least as strong a deterrent as laws that prohibit discrimination on race or gender.

**Issues covered:**

**Age Discrimination  
Workplace Matters  
Senior Citizens**

**Length: 8:41**

**Jeff Blyskal**, Senior Editor at Consumer Reports

Americans are used to being monitored for security reasons as they shop, but Mr. Blyskal said an increasing number of walk-in retailers are taking spying to a whole new level. He said stores are installing hidden video cameras, video analytics software, smartphone tracking and wi-fi hotspots to gather a surprising amount of data about their individual customers. The goal of this intense surveillance is to target shoppers with customized marketing, to convince them to shop more and spend more.

**Issues covered:**

**Consumer Matters  
Personal Privacy**

**Length: 8:29**

**Frances Newton**, financial advisor, founder of Frances Insights

Ms. Newton said this is an excellent time of year for consumers to dig through credit card statements and bank receipts, and get their finances in order. She said getting organized will not only help a consumer to save money during the year, but it will also boost financial confidence.

**Issues covered:**

**Personal Finance  
Consumer Matters**

**Length: 4:58**

Show # 2016-52

**Date aired: Sat 12/24/16 Time Aired: 6:30a-7a**

**Edward M. Hallowell, MD**, Child and Adult Psychiatrist who specializes in ADD and ADHD, author of "*Driven to Distraction at Work: How to Focus and Be More Productive*"

Many people in the workplace feel increasingly overwhelmed by a mix of nonstop demands and rapidly changing technology. Dr. Hallowell discussed the underlying reasons why people lose their ability to focus at work. He said the most common distraction is caused by electronic screens of all kinds. He offered suggestions on how to sustain a productive mental state at work.

**Issues covered:**

**Length: 7:22**

**Mental Health  
Career**

**Jill Weisenberger MS, RDN, CDE**, Nutrition, Culinary & Diabetes Expert, Registered Dietitian, Certified Diabetes Educator, author of "*The Overworked Person's Guide to Better Nutrition*"

Ms. Weisenberger offered practical steps to plan, cook and eat better for a healthier lifestyle. She explained why meal planning is so important and why an organized kitchen is critical in that process. She explained how to ease a family into a lower-sodium diet.

**Issues covered:**

**Length: 7:44**

**Nutrition  
Personal Health**

**Jacquelyn F. Gamino, PhD**, Research Scientist and Assistant Research Professor at the Center for Brain Health at the University of Texas at Dallas

Growing up poor can affect a child's behavior and school performance. Dr. Gamino led a study that determined that intervention programs can help bring low-income adolescents up to speed with their more affluent peers. She explained how cognitive intervention could easily be integrated into a normal school setting.

**Issues covered:**

**Length: 4:51**

**Education  
Poverty**

Show # 2017-01

**Date aired: Sat 12/31/16 Time Aired: 6:30a-7a**

**Aimée Morrison, PhD**, Associate Professor of English Language and Literature, University of Waterloo

Professor Morrison discussed the synthetic perfection in nearly every image we see today, and how that affects women and their self images. She explained why the Photoshopping of nearly every image we see in the media has caused an increase in body insecurity among women. She believes the trend has actually reached a tipping point, where consumers are starting to be turned off by the unattainable images in advertising messages.

**Issues covered:**

**Length: 8:36**

**Women's Issues  
Consumer Matters  
Parenting  
Media**

**Michael Harris**, author of "*The End of Absence: Reclaiming What We've Lost in a World of Constant Connection*"

Mr. Harris believes that we now live in an age that lacks solitude, and the time we once used to be alone with our own thoughts is now filled with social media and technology. He explained his own story of going on a "technology fast," and why those moments of silence are so important.

**Issues covered:**

**Length: 8:38**

**Mental Health  
Technology**

**Karen Jones**, author of "*The Difference A Day Makes*"

Ms. Jones suggested quick and simple actions anyone can take to make a positive difference in the world around them, to fight scourges like homelessness, racism and poverty. She explained what she calls "philanthropy," actions such as volunteering or donating that emotionally benefit the donor.

**Issues covered:**

**Length: 4:54**

**Volunteerism  
Poverty  
Homelessness  
Environment**