



**KTCK
DALLAS/FORT WORTH
ISSUE/PROGRAM REPORT
SECOND QUARTER 2016
JULY 1, 2016**



Part 1 – INTRODUCTION

KTCK (AM), licensed to Dallas, TX, and KTCT (FM), licensed to Flower Mound, TX, serve the Dallas/Fort Worth area. From April 1 through June 30, 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 Second 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 Second Quarter of 2016:

- 1- Poverty
- 2-Children Services
- 3-Health
- 4-Women’s health and services
- 5-Education

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

During the Second Quarter of 2016, KTCK ran 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: ACH Family Services
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – April 2, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: Through strength-based partnerships, ACH brings resources and skills to children and families struggling with life’s challenges. They develop solutions that create safety, hope, love and the capacity to thrive. We spoke to their CEO Wayne Carson about the services they provide in North Texas.

SERIES TITLE: Impact Texas
PROGRAM: Union Gospel Mission Dallas
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – April 9, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: Since 1949, homeless and hungry North Texans have gone to the Union Gospel Mission of Dallas “tore up, busted and disgusted.” With the help of the community, UGM Dallas offers them a chance to put their lives back together. We spoke to their Executive Director Bill Thompson about the history and services of this organization.

SERIES TITLE: Impact Texas
PROGRAM: The Senior Source
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – April 16, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: Since 1961, The Senior Source has served greater Dallas as the go-to nonprofit for aging services. They assist older adults at all income levels from the most active to very frail. Services they provide include job searches, nursing home advocacy, money management, volunteer opportunities and counseling on any aging issue. We spoke to their communications director about these services.

SERIES TITLE: Impact Texas
PROGRAM: The Senior Source
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – April 23, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: Due to unforeseen circumstances, the previous week's program aired this week.

SERIES TITLE: Impact Texas
PROGRAM: Momentous Institute
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – April 30, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: Since 1920, Momentous Institute (formerly Salesmanship Club Youth and Family Center) has been powered by the Salesmanship Club of Dallas, a service organization consisting of over 600 business and community leaders committed to transforming kid's lives. As a leading provider of therapeutic and education services, Momentous Institute impacts the lives of 6,000 kids and family members in North Texas each year. We spoke to their Executive Director Michelle Kinder about their approach as well as the upcoming Changing the Odds Conference which the organization puts on yearly.

SERIES TITLE: Impact Texas
PROGRAM: Cavanaugh Flight Museum
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – May 7, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: The Cavanaugh Flight Museum is devoted to promotion aviation studies and to perpetuating our aviation heritage. The museum fulfills this mission by restoring, operating maintaining and displaying historically-significant, vintage aircraft and by collecting materials related to the history of aviation. We spoke to their Executive Director Doug Jones about this museum and volunteer opportunities available.

SERIES TITLE: Impact Texas
PROGRAM: Badge of Honor
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – May 14, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: This week kicked off Police Week. We spoke to this organization, which provides assistance to families of officers killed in the line of duty.

SERIES TITLE: Impact Texas
PROGRAM: American Stroke Association
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – May 21, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: May is National Stroke Awareness Month so we spent this week visiting with the American Stroke Association about stroke, warning signs and prevention.

SERIES TITLE: Impact Texas
PROGRAM: American Diabetes Association
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – May 28, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: We spoke to Quin Neal, Executive Director for Diabetes Association North Texas about the organization, diabetes statistics in North Texas, and their upcoming Tour De Cure event which is held annually to raise awareness and funds for this organization.

SERIES TITLE: Impact Texas
PROGRAM: American Diabetes Association
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – June 4, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: The previous week's program was aired this week.

SERIES TITLE: Impact Texas
PROGRAM: Frontiers of Flight Museum
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday –June 11, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: This week we spoke to the Executive Director at this museum regarding its history, as well as the upcoming Moon Day event which features 10 North Texas kids the opportunity to speak live to an astronaut aboard the International Space Station.

SERIES TITLE: Impact Texas
PROGRAM: Junior Achievement Dallas
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – June 18, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: Jan Murfield, President of Junior Achievement Dallas spoke with us this week about JA, what it is doing for children of North Texas as well as volunteer opportunities for the public.

SERIES TITLE: Impact Texas
PROGRAM: Mothers Milk Bank North Texas
SEGMENT LENGTH: 30 minutes
DATE AIRED: Saturday – June 25, 2016
TIME AIRED: 6:00 AM – 6:30 AM
SOURCE: Local In-House
DESCRIPTION: Since 2003, Mother's Milk Bank North Texas has been helping to ensure that no baby with a medical need is denied donor milk regardless of their ability to pay. We spoke to the Executive Director about their facility, processes and needs.

Part 3 – OTHER COMMUNITY INVOLVEMENT FOR KTCK

COMMUNITY EVENTS

April 20th: Jub Jam at the Kessler Theater- concert put on by George Dunham and friends

Raised \$60,769 for the Senior Source

May 25th: Carry the Load- Norm walked and raised money for Carry the Load

Carry The Load began four years ago to honor those who've "carried the load" for all of us at some point over the last years---soldiers, policemen, firefighters, EMT's.

May 30th: Southwest Diabetic Foundation Camp Sweeney 5K with The Ticket broadcasting LIVE

Proceeds from the race will benefit Camp Sweeney – one of the largest and most effective diabetes educational facilities in the world, offering the only 3-week residential diabetic life skills training program in the United States.

June 13th: Juvenile Diabetes Research Foundation with The Ticket broadcasting LIVE

Ticket broadcast LIVE for the Cliff Harris Reunion Golf Classic benefitting Juvenile Diabetes Research Foundation

June- 25th: American Diabetes Association with The Ticket

Donovan and The Ticket on-site from Texas Motor Speedway for the American Diabetes Association Tour de Cure to spread awareness of the amount of diabetes in North Texas.

KTCK made a donation to the silent auction in support of the New Horizons 16th Annual "Driving for Kids" Golf Tournament. New Horizons is a treatment home for sexually and physically abused children.

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

KTCK-AM/FM

<i>ISSUES</i>	<i>SOURCE/ DURATION</i>	<i>TIME</i>	<i>DAY/DATE</i>
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APRIL 2016

<i>Impact Texas</i> <i>ACH Family Services</i>	<i>Local In-House</i> <i>30:00</i>	<i>6a-6:30a</i>	<i>SAT 4/02</i>
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<i>InfoTrak</i> <i>Senior Citizens, Retirement Planning, Mental Health</i>	<i>Other</i> <i>8:56</i>	<i>6:30a-7a</i>	<i>SAT 4/02</i>
<i>Substance Abuse, Women's Issues, Government Policies</i>	<i>8:23</i>		
<i>Personal Finance, Retirement Planning</i>	<i>4:54</i>		

<i>Impact Texas</i> <i>Union Gospel Mission Dallas</i>	<i>Local In-House</i> <i>30:00</i>	<i>6a-6:30a</i>	<i>SAT 4/09</i>
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<i>InfoTrak</i> <i>Employment Matters, Career, Personal Health, Drug Abuse, Government Policies</i>	<i>Other</i> <i>8:49</i> <i>8:30</i>	<i>6:30a-7a</i>	<i>SAT 4/09</i>
<i>Charitable Contributions, Recycling, Consumer Issues, Senior Issues</i>	<i>4:58</i>		

<i>Impact Texas</i> <i>The Senior Source</i>	<i>Local In-House</i> <i>30:00</i>	<i>6a-6:30a</i>	<i>SAT 4/16</i>
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<i>InfoTrak</i> <i>Terrorism, Personal Protection, Emergency Preparedness</i>	<i>Other</i> <i>9:07</i>	<i>6:30a-7a</i>	<i>SAT 4/16</i>
<i>Youth At Risk, Crime, Prison Reforms, Minority Concerns</i>	<i>7:59</i>		
<i>Youth At Risk, Crime</i>	<i>4:58</i>		

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APRIL 2016 (cont'd)

<i>Impact Texas</i> <i>The Senior Source (rebroadcast)</i>	<i>Local In-House</i> 30:00	<i>6a-6:30a</i>	<i>SAT 4/23</i>
<i>InfoTrak</i> <i>Internet, Employment,</i> <i>Government Regulations</i>	<i>Other</i> 8:24	<i>6:30a-7a</i>	<i>SAT 4/23</i>
<i>Personal Health, Obesity</i>	8:39		
<i>Personal Finance, Consumer Matters</i>	5:06		

<i>Impact Texas</i> <i>Momentous Institute</i>	<i>Local In-House</i> 30:00	<i>6a-6:30a</i>	<i>SAT 4/30</i>
<i>InfoTrak</i> <i>Education, Consumer Matters,</i> <i>Parenting</i>	<i>Other</i> 8:38	<i>6:30a-7a</i>	<i>SAT 4/30</i>
<i>Traffic Safety, Consumer Matters</i>	8:35		
<i>Senior Citizens, Retirement Planning</i>	4:57		

MAY 2016

<i>Impact Texas</i> <i>Cavanaugh Flight Museum</i>	<i>Local In-House</i> 30:00	<i>6a-6:30a</i>	<i>SAT 5/07</i>
<i>InfoTrak</i> <i>Personal Finance, Retirement,</i> <i>Senior Issues</i>	<i>Other</i> 8:31	<i>6:30a-7a</i>	<i>SAT 5/07</i>
<i>Emergency Preparedness,</i> <i>Personal Health</i>	8:44		
<i>Environment, Consumer Matters</i>	4:58		

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MAY 2016 (cont'd)

<i>Impact Texas</i> <i>Badge of Honor</i>	<i>Local In-House</i> 30:00	<i>6a-6:30a</i>	<i>SAT 5/14</i>
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<i>InfoTrak</i> <i>Personal Health</i>	<i>Other</i> 8:52	<i>6:30a-7a</i>	<i>SAT 5/14</i>
<i>Youth At Risk, Mental Health, Crime,</i>	8:24		
<i>Home Safety, Retirement Planning,</i>			
<i>Senior Citizens</i>	4:55		

<i>Impact Texas</i> <i>American Stroke Association</i>	<i>Local In-House</i> 30:00	<i>6a-6:30a</i>	<i>SAT 5/21</i>
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<i>InfoTrak</i> <i>Consumer Matters</i>	<i>Other</i> 8:06	<i>6:30a-7a</i>	<i>SAT 5/21</i>
<i>Personal Health, Career</i>	9:01		
<i>Unemployment, Personal Health</i>	5:03		

<i>Impact Texas</i> <i>American Diabetes Association</i>	<i>Local In-House</i> 30:00	<i>6a-6:30a</i>	<i>SAT 5/28</i>
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<i>InfoTrak</i> <i>Sexual Harassment, Violence,</i>	<i>Other</i> 9:34	<i>6:30a-7a</i>	<i>SAT 5/28</i>
<i>Parenting</i>	7:46		
<i>Economy, Personal Finance,</i>	4:45		
<i>Traffic Safety</i>			

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<i>ISSUES</i>	<i>SOURCE/ DURATION</i>	<i>TIME</i>	<i>DAY/DATE</i>
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JUNE 2016

<i>Impact Texas</i> <i>American Diabetes Assoc. (rebroadcast)</i>	<i>Local In-House</i> 30:00	<i>6a-6:30a</i>	<i>SAT 6/04</i>
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<i>InfoTrak</i> <i>Personal Health, Religion</i>	<i>Other</i> 8:48	<i>6:30a-7a</i>	<i>SAT 6/04</i>
<i>Mental Health, Consumer Matters</i>	8:27		
<i>Alzheimer's Disease, Health Issues, Senior Issues</i>	4:56		

<i>Impact Texas</i> <i>Frontiers of Flight Museum</i>	<i>Local In-House</i> 30:00	<i>6a-6:30a</i>	<i>SAT 6/11</i>
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<i>InfoTrak</i> <i>Substance Abuse, Education, Social Media</i>	<i>Other</i> 6:52	<i>6:30a-7a</i>	<i>SAT 6/11</i>
<i>Gender Equality, Women's Issues, Workplace Matters</i>	10:17		
<i>Ethics, Workplace Matters</i>	4:56		

<i>Impact Texas</i> <i>Junior Achievement Dallas</i>	<i>Local In-House</i> 30:00	<i>6a-6:30a</i>	<i>SAT 6/18</i>
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<i>InfoTrak</i> <i>Family Matters, Senior Citizens</i>	<i>Other</i> 9:15	<i>6:30a-7a</i>	<i>SAT 6/18</i>
<i>Technology, Education, Privacy, Career</i>	7:55		
<i>Workplace Matters, Productivity</i>	5:04		

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 QUARTERLY DOCUMENTATION
 FIRST QUARTER 2016**

KTCK-AM/FM

<i>ISSUES</i>	<i>SOURCE/ DURATION</i>	<i>TIME</i>	<i>DAY/DATE</i>
<u>JUNE 2016 (cont'd)</u>			
<i>Impact Texas</i> <i>Mother's Milk Bank North Texas</i>	<i>Local In-House</i> <i>30:00</i>	<i>6a-6:30a</i>	<i>SAT 6/25</i>
<i>InfoTrak</i> <i>Parenting, Youth At Risk</i>	<i>Other</i> <i>9:22</i>	<i>6:30a-7a</i>	<i>SAT 6/25</i>
<i>Technology, Consumer Matters, Education</i>	<i>7:51</i>		
<i>Energy, Environment, Workplace Matters</i>	<i>4:58</i>		



Call Letters: KTCK-AM/FM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2016

Show # 2016-14

Date aired: Saturday 4/02 Time Aired: 6:30a-7a

Marie Jameson, home and lifestyle columnist, author of "*Downsizing The Family Home: What to Save, What to Let Go*"

Nearly everyone eventually faces the difficult, emotional journey of downsizing an aging parents' home. She talked about the often unexpected emotions and challenges as people sort through a lifetime of possessions. She explained how to make wise decisions on what to keep, toss or sell, and why it is usually easiest if elder family members are involved, rather than leaving the task to their heirs after their death.

Issues covered:
Senior Citizens
Retirement Planning
Mental Health

Length: 8:56

Tracey Helton Mitchell, former heroin addict, author of "*The Big Fix: Hope After Heroin*"

Ms. Mitchell shared her story of addiction and recovery. She spent eight years on the streets of San Francisco as a heroin addict, then successfully quit and started life anew. She talked about the common misconceptions about heroin addiction, especially for women, and offered advice for those who are struggling with substance abuse.

Issues covered:
Substance Abuse
Women's Issues
Government Policies

Length: 8:23

Arielle O'Shea, investing staff writer at NerdWallet.com

It's no secret that Americans need to save more. Ms. O'Shea outlined a recent analysis by NerdWallet that found an alternative approach. She said a 25-year-old could accumulate nearly \$1 million by simply saving and investing 50% of all raises and bonuses over the course of his or her career. She explained why saving for the future is more critical than ever and why this approach may be easier than more traditional plans.

Issues covered:
Personal Finance
Retirement Planning

Length: 4:54

Show # 2016-15

Date aired: Saturday 4/09 Time Aired: 6:30a-7a

Michelle A. Riklan, employment and career expert, co-author of "*101 Great Ways to Compete in Today's Job Market*"

Mr. Riklan offered marketing ideas for people either looking for a job or hoping to move their careers forward. She explained the critical importance of social media in today's job market and offered tips to optimize a LinkedIn page. She said even people who are secure in their current jobs should be prepared to immediately take advantage of an opportunity at a better job.

Issues covered:
Employment Matters
Career

Length: 8:49

Judy Foreman, nationally syndicated health columnist, author of "*A Nation in Pain: Healing Our Biggest Health Problem*"

According to government statistics, 100 million American adults live in chronic pain. Ms. Foreman discussed the connection between chronic pain and prescription drug addiction. She said exercise is one of the most effective ways to deal with chronic pain. She also discussed reforms in government policies that could allow the healthcare system to better deal with the epidemic of chronic pain.

Issues covered:
Personal Health
Drug Abuse
Government Policies

Length: 8:30

Ciji Ware, author of "*Rightsizing Your Life*"

Many Baby Boomers are beginning to think about the future and how many material possessions they really need. Ms. Ware believes that more isn't always better. She offered ideas on how to make wise decisions in downsizing, in particular through recycling and donating unneeded items.

Issues covered:
Charitable Contributions
Recycling
Consumer Issues
Senior Issues

Length: 4:58

Show # 2016-16

Date aired: Saturday 4/16 Time Aired: 6:30a-7a

Robert Sholly, domestic counterterrorism expert, retired army colonel who is experienced in both counter-terrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

Issues covered:

Length: 9:07

Terrorism

Personal Protection

Emergency Preparedness

Shaka Senghor, author of "Writing My Wrongs: Life, Death, and Redemption in an American Prison"

In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

Issues covered:

Length: 7:59

Youth at Risk

Crime

Prison Reforms

Minority Concerns

Monica Deza, PhD, Assistant Professor of Economics in the School of Economic, Political and Policy Science at the University of Texas, Dallas

Dr. Deza led a study that found that teen driving curfews might do more than reduce car accidents. They also may prevent teens from committing crimes or becoming pregnant. She talked about the most common crimes committed by teens and why driving restrictions may make a difference.

Issues covered:

Length: 5:07

Youth at Risk

Crime

Show # 2016-17

Date aired: Saturday 4/23 Time Aired: 6:30a-7a

Steve Case, entrepreneur, investor, and businessman best known as the co-founder and former Chief Executive Officer and Chairman of America Online, author of "*The Third Wave: An Entrepreneur's Vision of the Future*"

Mr. Case discussed the rapidly changing nature of the Internet. He believes we are entering a dynamic new period of online development, where every part of our lives will rely on Internet connectivity. He sees this new wave defined not by hardware or software but by partnerships—especially between business and government. He predicted that entrepreneurs will dramatically change the way institutions like healthcare, education, and agriculture integrate the Internet into our lives.

Issues covered:

Length: 8:24

Internet

Employment

Government Regulations

Ellen Smit, PhD, Nutritional Epidemiologist, Associate Professor at Oregon State University College of Public Health and Human Sciences

Dr. Smit led a study that examined four barometers of whether someone's behavior could be considered healthy, and the results were dismal. She found that fewer than 3% of all Americans have a genuinely healthy lifestyle. She explained the importance of the four criteria and the health impacts of each. She also offered suggestions for those who would like to make changes to their own lifestyle.

Issues covered:

Length: 8:39

Personal Health

Obesity

Matt Schulz, Senior Industry Analyst at CreditCards.com

Mr. Schulz said 30 million Americans received a new chip-enabled credit card over the past six months. Mr. Schulz explained the benefits of the new cards. He also talked about the most common complaints by consumers who use them.

Issues covered:

Length: 5:06

Personal Finance

Consumer Matters

Show # 2016-18

Date aired: Saturday 4/30 Time Aired: 6:30a-7a

Steven Roberts, college-funding expert, author of "*Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better*"

Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship money and why a student's GPA isn't everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

Issues covered:

Length: 8:38

Education

Consumer Matters

Parenting

Laura Adams, Senior Insurance Analyst at insuranceQuotes.com

A traffic ticket can cause a driver's auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations, how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

Issues covered:

Length: 8:35

Traffic Safety

Consumer Matters

Julia Cameron, author of "*It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond*"

When someone retires, the newfound freedom can be quite exciting, but also daunting. Ms. Cameron explained how cultivating their creative selves can help seniors navigate this new terrain. She said that retirement can be the most rich, fulfilling and creative time of life. She outlined several tools to get there.

Issues covered:

Length: 4:57

Senior Citizens

Retirement Planning

Show # 2016-19

Date aired: Saturday 5/07 Time Aired: 6:30a-7a

Ric Edelman, nationally-recognized financial advisor, syndicated columnist, author of "*The Truth About Retirement Plans and IRAs*"

Only half of all eligible Americans contribute to a retirement plan. Mr. Edelman explained how the average person can save for a comfortable retirement. He talked about the importance of 401(k)s, and IRAs. He also explained how to determine how much money a person may need in retirement, and the dangers of borrowing money from retirement funds.

Issues covered:

Length: 8:31

**Personal Finance
Retirement
Senior Issues**

James Hubbard, MD, family physician, author of "*Living Ready Pocket Manual - First Aid: Fundamentals for Survival*"

Dr. Hubbard discussed basic skills that everyone should know in the event of a medical emergency, and basic first aid supplies that every home should have on hand. He outlined steps to stop serious bleeding and what to do in the event someone simply collapses. He also talked about the lifesaving value of automated external defibrillators, which are found in many public places.

Issues covered:

Length: 8:44

**Emergency Preparedness
Personal Health**

Simon Davidoff, Water Expert and Director, Food & Beverage Industry for Siemens Water Technologies

Mr. Davidoff talked about little-known ways that water is wasted by consumers each year, both directly and indirectly. He explained how businesses are changing their practices to reduce water consumption and what the average person can do to determine and reduce their personal "water footprint."

Issues covered:

Length: 4:58

**Environment
Consumer Matters**

Show # 2016-20

Date aired: Saturday 5/14 Time Aired: 6:30a-7a

Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario

Dr. Gibala led a study that found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. He recommends the plan for occasionally busy days, not as a permanent substitute for longer and more moderate workouts. He said the findings put to rest the common excuse for not getting in shape: there is not enough time.

Issues covered:
Personal Health

Length: 8:52

Chris Melde, PhD, Associate Professor and Director of Graduate Studies, School of Criminal Justice at Michigan State University

Dr. Melde was the co-author of a study of street gang membership. He found that depression and suicidal thoughts or attempts are common among youth who join gangs. He outlined the reasons that many troubled teens join gangs and why gang life causes already significant problems in their lives to become even worse.

Issues covered:
Youth at Risk
Mental Health
Crime

Length: 8:24

Matthias Hollwich, internationally-recognized architect, author of "*New Aging: Live Smarter Now to Live Better Forever*"

Mr. Hollwich discussed ways that homes and communities can be redesigned to make aging a graceful and fulfilling aspect of life. He discussed changes to specific rooms, to help seniors stay safely in their homes for as long as possible.

Issues covered:
Home Safety
Retirement Planning
Senior Citizens

Length: 4:55

Show # 2016-21

Date aired: Saturday 5/21 Time Aired: 6:30a-7a

Bart de Langhe, PhD, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder

Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe led a study that found that there is little correlation between better online user ratings and the quality of a product. He explained why consumer opinions often fail to agree with objective product research by consumer organizations.

Issues covered:
Consumer Matters

Length: 8:06

W. David Brown, PhD, DABSM, CBSM, Sleep Psychologist at Children's Medical Center, Dallas, co-author of "*Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed*"

Many Americans believe that less sleep equals more productivity. But Dr. Brown said that sufficient sleep and success go hand in hand. He discussed the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance workplace performance.

Issues covered:
Personal Health
Career

Length: 9:01

Judith Prochaska, PhD, MPH, Associate Professor of Medicine, Stanford University School of Medicine

Dr. Prochaska was the lead author of a study comparing employment in smokers and nonsmokers. She found that after 12 months, smokers were less likely to have found a job than nonsmokers, and those who did earned less than nonsmokers. She explained the reasons that employers may be wary of hiring smokers and how they sometimes screen them out in the hiring process.

Issues covered:
Unemployment
Personal Health

Length: 5:03

Show # 2016-22

Date aired: Saturday 5/28 Time Aired: 6:30a-7a

Dorothy Espelage, PhD, bullying and youth violence expert, Professor of Child Development, Department of Educational Psychology, University of Illinois at Urbana-Champaign

Dr. Espelage led a youth survey that explored the prevalence of sexual harassment and sexual violence among middle school youth as well as the locations where these behaviors occur. She said that these incidents are extremely common in schools and that they are a strong predictor of dating violence as students move into high school.

Issues covered:
Sexual Harassment
Violence
Parenting

Length: 9:34

Greg Kaplan, PhD, Assistant Professor of Economics, Princeton University

Roughly one-third of all American families live paycheck-to-paycheck, according to Dr. Kaplan's recent study. Surprisingly, he found that many of these are middle-class families who have decent incomes, but illiquid assets tied up in homes or retirement funds. He explained why this is so common and why it may not be as financially dangerous as it may appear.

Issues covered:
Economy
Personal Finance

Length: 7:46

Michelle Macy, MD, Assistant Professor of Emergency Medicine, University of Michigan

Dr. Macy's research found that that 90 percent of parent drivers admitted to distracted driving with kids in the car. She outlined ten types of driving distractions and explained why they are so dangerous. She also offered tips for parents who would like to minimize distractions on the road.

Issues covered:
Traffic Safety

Length: 4:45

Show # 2016-23

Date aired: Saturday 6/04 Time Aired: 6:30a-7a

Tyler J. VanderWeele, PhD, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University

Those who attend church services on a regular basis may receive more than just spiritual benefits—they may live longer. Dr. VanderWeele led a study that found that women who went to church more than once a week had a 33% lower risk of dying, compared to those who never went. He talked about the potential reasons behind the finding. He said it is conceivable in the future that doctors routinely ask about church attendance during medical checkups.

Issues covered:
Personal Health
Religion

Length: 8:48

Kostadin Kushlev, PhD, psychology research scientist, University of Virginia

Smartphones have become part of everyday life. Dr. Kushlev led a study that found that the increasingly pervasive use of digital technology may be causing ADHD-like symptoms even among the general population. He explained why being separated from a smartphone may cause people to experience distraction and getting bored easily when trying to focus.

Issues covered:
Mental Health
Consumer Matters

Length: 8:27

Carl Cotman, PhD, Professor of Neurology and Neurobiology, Director of the Institute for Brain Aging and Dementia, University of California, Irvine

Dr. Cotman explained the results of new research into brain health for seniors. The study found that eating almonds, engaging in exercise and participating in brain-stimulating activities can keep aging brain cells in shape. This may delay or prevent Alzheimer's Disease.

Issues covered:
Alzheimer's' Disease
Health Issues
Senior Issues

Length: 4:56

Show # 2016-24

Date aired: Saturday 6/11 Time Aired: 6:30a-7a

Charee Thompson, PhD, Assistant Professor of Communication Studies at Ohio University

Dr. Thompson was the co-author of a study of college students, drinking and social media. She discovered that having an "alcohol identity" puts college students at greater risk of having drinking problems. Her study also found that posting about alcohol use on social media sites is actually a stronger predictor of alcohol problems than having a drink. She discussed possible strategies to reduce alcohol abuse on college campuses.

Issues covered:

Length: 6:52

**Substance Abuse
Education
Social Media**

Iris Bohnet, PhD, Professor of Public Policy , Behavioral Economist at Harvard University, Director of the Women and Public Policy Program, Co-Chair of the Behavioral Insights Group at the Kennedy School of Government, author of "*What Works: Gender Equality by Design*"

Dr. Bohnet discussed gender equality in the workplace and why it's good business. She explained why diversity training programs have had limited success. She outlined the latest research into quick and often inexpensive ways that companies can address gender bias and improve performance.

Issues covered:

Length: 10:17

**Gender Equality
Women's Issues
Workplace Matters**

Matthew J. Quade, PhD, Assistant Professor in the Department of Management at the Hankamer School of Business, Baylor University

Unethical behaviors by employees can tarnish an organization's reputation, lead to considerable monetary losses, and even result in legal prosecutions. Dr. Quade led a study that found that, in many cases, employees will tolerate misdeeds from a coworker who has the reputation of being a high performer. He believes companies need to take a hard look at how they prioritize performance over ethics.

Issues covered:

Length: 4:56

**Ethics
Workplace Matters**

Show # 2016-25

Date aired: Saturday 6/18 Time Aired: 6:30a-7a

Leslie Stahl, longtime reporter for 60 Minutes, author of "*Becoming Grandma: The Joys and Science of the New Grandparenting*"

Ms. Stahl discussed the profound changes and emotions experienced when someone becomes a grandparent. She talked about the physiological changes that occur in women when they have grandchildren, and the therapeutic effects of grandchildren on both grandmothers and grandfathers. She also explained how heartbreakingly common it is for grandparents to be denied access to their grandchildren.

Issues covered:

Family Matters

Senior Citizens

Child Custody

Length: 9:15

Kevin Kelly, co-founder and former executive editor of Wired magazine, author of "*The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future*"

Mr. Kelly discussed twelve technological imperatives that he believes will shape the next thirty years and transform our lives. He is optimistic about innovations, from virtual reality in the home to an on-demand economy to artificial intelligence embedded in everything we manufacture. He offered advice to young people who are plotting educational and career paths in a rapidly-changing tech environment.

Issues covered:

Technology

Education

Privacy

Career

Length: 7:55

Edward G. Brown, author of "*The Time Bandit Solution: Recovering Stolen Time You Never Knew You Had*"

According to Mr. Brown, 40 to 60% of time at work is squandered by time bandits—co-workers who demand precious time without thinking. He offered suggestions on how to negotiate with time bandits to prevent unwanted, unnecessary and unproductive interruptions.

Issues covered:

Workplace Matters

Productivity

Length: 5:04

Show # 2016-26

Date aired: Saturday 6/25 Time Aired: 6:30a-7a

Michele Borba, EdD, parenting expert, author of "*UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World*"

Studies have found that kids today are 40% less empathetic than kids were thirty years ago. Ms. Borba explained why kids are more stressed and less happy these days, and what parents can do about it. She explained why having a caring and kind attitude can lead to success later in life.

Issues covered:
Parenting
Youth at Risk

Length: 9:22

Brian Christian, science writer, co-author of "*Algorithms to Live By: The Computer Science of Human Decisions*"

Mr. Christian explained how computer algorithms can be applied to everyday life, helping to solve common decision-making problems. He believes the wisdom of computer science can help consumers to determine when to leave things to chance, how to deal with an overwhelming array of choices and how best to connect with others.

Issues covered:
Technology
Consumer Matters
Education

Length: 7:51

Sumir Karayi, computer expert, CEO of 1E, a software company that helps companies improve their environmental impact

Mr. Karayi discussed the results of a report by the non-profit Alliance to Save Energy and 1E that found that companies are wasting energy and losing sizable amounts of money by leaving computers on 24 hours a day. He explained why companies choose to do this, and what employees can do to convince corporate leaders to change the policy.

Issues covered:
Energy
Environment
Workplace Matters

Length: 4:58