KCQL Farmington, NM Quarterly Issues/Programs List Fourth Quarter, 2015 12/29/2015

KCQL Quarterly Issues/Programs List

KCQL provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

- Abused/Neglected Children: Discussion with Jamie Church, Development Director of the Childhaven Foundation, and Childhaven, a safe haven for abused and neglected children in the community. Also discussed the Childhaven Pledge For Children Campaign, a major fundraiser to benefit the organization.
- AIDS/HIV Services: Discussion about World Aids Day. Detailed discussion about treatments and testing available, and a possible cure for the disease. Also talked about education on how to prevent and protect against getting the HIV virus.
- Americans With Disabilities: Discussion with local woman who uses her love of tennis to reach and teach developmentally disabled children in the United States and China. Also discussed special education, the local Special Olympics program and the need for volunteers.
- Charitable Giving/Poverty/Volunteerism: Discussion centered around the annual Coats For Kids Drive that benefits many less fortunate children in the community. Coats and clothing are collected and distributed through various local charities to children in need prior to the cold winter months. Also discussed volunteerism through the Kiwanis Del Sol Club and the many agencies they support.
- Children Prescription Drug Abuse: Lively discussion on childhood prescription medicine abuse and how it affects our families and community. In conjunction with the Partnership For Drug Free Kids, conversation centered on prevention, education and resources available on where to go for help.
- Crisis Intervention/Prevention: Discussion with the education coordinator of Family Crisis Center, a facility that provides prevention and intervention services for people in crisis situations, and the housing facility that is offered to those in need. Also discussed their major New Years Eve fundraiser.
- Employment Development: Detailed discussion about the local economy, recent job layoffs in the oil and gas industry, and the economic downturn in the region. Also discussed upcoming job fair to help laid off workers find other creative ways to find employment in related

industries.

- Fine Arts, Family Activities, Education: Discussion about future events planned at the Farmington Civic Center, including holiday art shows, Christmas On Ice, Festival Of Trees, Civic Center holiday lights display, educational children activities and more.
- Health Services: Discussion centered around low-cost and no-cost health services that are offered and provided at Presbyterian Medical Services. Also discussed events related to Festival Of Trees, the annual holiday fundraising event sponsored by PMS.
- LGBTQ Issues: Discussion with Judy Pelier, Director of Identity, Inc., a new community center that provides support for the lesbian, gay, bisexual, transgender and queer individuals in the community. Educational materials, counseling and support services offered were also discussed, as well as upcoming and on-going events at the center.
- Winter, Skiing and Avalanche Safety: Discussion on winter, skiing and avalanche safety. Topic of discussion also centered around educational classes offered and volunteer services provided by the Hesperus Ski Patrol, and their annual ski swap fundraiser that helps fund this organization.
- Youth Activities/Citizenship: Discussion about the benefits of a drama program at Farmington High School, including life skills such as teamwork, discipline, organizational skills and more. Also talked about their involvement with TEA, Theatre Ensemble Arts, a local theatre group and their annual community haunted house to benefit both organizations.
- Youth At Risk/Fitness/Personal Health: Discussion about Punch Buck Boxing Club, a local non-profit agency that benefits area youth who are at risk from broken families, gang involvement and abusive situations. Club teaches good morale values to both boys and girls who may be at risk of going down the wrong path in life. Also discussed upcoming boxing bouts scheduled in the area.

Section I LOCAL PROGRAMMING

Section I lists regularly-scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

ISSUE	PROGRAM / TITLE	DESCRIPTIO N	GUEST	DATE/TIM E	DURATIO N
Youth At Risk/Fitness/Personal Health	Four Corners Focus/Punch Buck Boxing	Discussion about Punch Buck Boxing	Herman 'Punch' Buck	10/04/2015 07:29 AM	030:01

ISSUE	PROGRAM / TITLE	DESCRIPTIO N	GUEST	DATE/TIM E	DURATIO N
	Club	Club, a local non-profit agency that benefits area youth who are at risk from broken families, gang involvement and abusive situations. Club teaches good morale values to both boys and girls who may be at risk of going down the wrong path in life. Also discussed upcoming boxing bouts scheduled in the area.			
Youth Activities/Citizenship	Four Corners Focus/TEA- FHS Productions	Discussion about the benefits of a drama program at Farmington High School, including life skills such as teamwork, discipline, organizational skills and more. Also talked about their involvement with TEA,	STEVE CLARK	10/11/2015 07:30 AM	029:20
		Theatre Ensemble Arts, a local theatre group and their annual community haunted house to benefit both organizations.			

ISSUE	PROGRAM / TITLE	DESCRIPTIO N	GUEST	DATE/TIM E	DURATIO N
Giving/Poverty/Volunteeri sm	Focus/Coats For Kids	centered around the annual Coats For Kids Drive that benefits many less fortunate children in the community. Coats and clothing are collected and distributed through various local charities to children in need prior to the cold winter months. Also discussed volunteerism through the Kiwanis Del Sol Club and the many agencies they support.	Turner/Kiwanis Del Sol Club	07:30 AM	
Children Prescription Drug Abuse	Four Corners Focus/Our Youth and Drugs	Lively discussion on childhood prescription medicine abuse and how it affects our families and community. In conjunction with the Partnership For Drug Free Kids, conversation centered on prevention, education and resources available on where to go for help.	Roger Keeler	10/25/2015 07:30 AM	029:17
Winter, Skiing and Avalanche Safety	Four Corners Focus/Hesperus Ski Patrol	Discussion on winter, skiing and avalanche	Buz Branch- Hesperus Ski Patrol	11/01/2015 07:30 AM	029:26

ISSUE	PROGRAM /	DESCRIPTIO N	GUEST	DATE/TIM E	DURATIO N
		safety. Topic of discussion also centered around educational classes offered and volunteer services provided by the Hesperus Ski Patrol, and their annual ski swap fundraiser that helps fund this organization.			
LGBTQ Issues	Four Corners Focus/Identitiy, Inc.	Discussion with Judy Pelier, Director of Identity, Inc., a new community center that provides support for the lesbian, gay, bisexual, transgender and queer individuals in the community. Educational materials, counseling and support services offered were also discussed, as well as upcoming and on-going events at the center.	Judy Pelier- Director-Identity, Inc.	11/08/2015 07:25 AM	030:45
Fine Arts, Family Activities, Education	Four Corners Focus/Farmingt on Civic Center	Discussion about future events planned at the Farmington Civic Center, including holiday art shows, Christmas On Ice, Festival Of Trees, Civic	Lisa Hutchins/Supervis or	11/15/2015 07:30 AM	029:17

ISSUE	PROGRAM / TITLE	DESCRIPTIO N	GUEST	DATE/TIM E	DURATIO N
		Center holiday lights display, educational children activities and more.			
Abused/Neglected Children	Four Corners Focus/Childhav en Foundation	Discussion with Jamie Church, Development Director of the Childhaven Foundation, and Childhaven, a safe haven for abused and neglected children in the community. Also discussed the Childhaven Pledge For Children Campaign, a major fundraiser to benefit the organization.	Jamie Church/Childhave n Foundation	11/22/2015 07:29 AM	029:52
Health Services	Four Corners Focus/PMS Festival Of Trees	Discussion centered around low-cost and no-cost health services that are offered and provided at Presbyterian Medical Services. Also discussed events related to Festival Of Trees, the annual holiday fundraising event sponsored by PMS.	Carrie Olsen/Board Member	11/29/2015 07:29 AM	030:03
AIDS/HIV Services	Four Corners Focus/NM AIDS SERVICES	Discussion about World Aids Day. Detailed	MARK LEWIS/CASE MANAGER	12/06/2015 07:29 AM	030:12

ISSUE	PROGRAM / TITLE	DESCRIPTIO N	GUEST	DATE/TIM E	DURATIO N
		discussion about treatments and testing available, and a possible cure for the disease. Also talked about education on how to prevent and protect against getting the HIV virus.			
Crisis Intervention/Prevention	Four Corners Focus/Family Crisis Center/NYE Fundraiser	Discussion with the education coordinator of Family Crisis Center, a facility that provides prevention and intervention services for people in crisis situations, and the housing facility that is offered to those in need. Also discussed their major New Years Eve fundraiser.	Mariah Powell/Education Coord	12/13/2015 07:27 AM	031:50
Americans With Disabilities	Four Corners Focus/Serving The World With Tennis	Discussion with local woman who uses her love of tennis to reach and teach developmentall y disabled children in the United States and China. Also discussed special education, the local Special Olympics program and	Darrah Blackwater	12/20/2015 07:28 AM	030:47

ISSUE	PROGRAM / TITLE	DESCRIPTIO N	GUEST	DATE/TIM E	DURATIO N
		the need for volunteers.			
Employment Development	Four Corners Focus/4Corners Economic Development Job Fa	Detailed discussion about the local economy, recent job layoffs in the oil and gas industry, and the economic downturn in the region. Also discussed upcoming job fair to help laid off workers find other creative ways to find employment in related industries.	Christa Romme	12/27/2015 07:29 AM	030:13

Section II NETWORK (and/or SYNDICATED) PROGRAMMING

Section II lists the network-provided (and/or syndicated) programming that the station broadcast during the preceding calendar quarter that addresses community issues.

PROGRAM/TITLE		



Weekly Public Affairs Program

Call Letters: KCQL-AM

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2015

Show # 2015-27

Date aired: 10/4/15 Time Aired: 1:904

John R. Baker, PhD, Professor of Political Science at Wittenberg University, author of "Government in the Twilight Zone: Volunteers to Small-City Boards and Commissions"

97 percent of all American cities have a population fewer than 50,000 and Dr. Baker studies the workings of these smaller local governments. He discussed how local board systems operate, who the board members are and what motivates them to serve. He explained why it is important for citizens to understand how government functions, even in small towns.

Issues covered:

Citizenship

Government Policies

Length: 6:54

Lennard J. Davis, PhD, Professor in the English Department in the School of Arts and Sciences at the University of Illinois at Chicago, Professor of Disability and Human Development in the School of Applied Health Sciences of the University of Illinois at Chicago, Professor of Medical Education in the College of Medicine, author of "Enabling Acts: The Hidden Story of How the Americans with Disabilities Act Gave the Largest US Minority Its Rights"

Disabled Americans are the largest minority group in the country. Dr. Davis believes the Americans with Disabilities Act (ADA) is the widest-ranging and most comprehensive piece of civil rights legislation in history. He explained the unusual path the law took to passage, some of the challenges in implementing it and the enormous impact of the ADA, 25 years after its adoption. He also outlined several potential reforms which he believes could improve it.

Issues covered:

Disabilities **Civil Rights**

Government Policies

Length: 10:21

Michael A. Fischer, MD, MS, Instructor in Medicine at Harvard Medical School, Associate Physician at the Division of Pharmacoepidemiology and Pharmacoeconomics at Brigham and Women's Hospital in Boston

Dr. Fischer led a study that found that many people whose doctors start them on medications for conditions like diabetes and high blood pressure may never fill those prescriptions. He explained the reasons behind this problem and how doctors and patients can improve communication.

Issues covered:

Personal Health **Medical Issues**

Length: 5:00

Show # 2015-41

Date aired: 10/11/15 Time Aired: 1:009

Michelle Garcia, Director of the Stalking Resource Center at the National Center for Victims of Crime

Nearly 3.5 million people over the age of 18 are stalked each year in the United States. Ms. Garcia talked about the most common stalker scenarios, and why the crime is so difficult to define. She also explained why new developments such as GPS and social networking sites have made it much easier for stalkers to target their victims.

Issues covered: Stalking Crime Women's Issues

Length: 9:43

John Izzo, PhD, business consultant, author of "Stepping Up: How Taking Responsibility Changes Everything"

Mr. Izzo said that almost every problem, from personal and business challenges to social issues, can be solved if Americans looked to themselves to create change rather than expecting others to do it. He offered advice to employees who are afraid to speak up at work and how to encourage children to step up and improve problems they see in their community.

Issues covered:
Workplace Matters
Community Involvement
Parenting

Length: 7:33

Ron Shevlin, Senior Analyst with Aite Group, an independent research and advisory firm serving the financial services industry

Social media sites like Twitter and Facebook have empowered consumers in many new ways. Mr. Shevlin explained how these new tools have made it much easier to complain about a problem or to influence corporate policies. He offered advice for the best ways for consumers to use social media to interact with companies.

<u>Issues covered:</u> Consumer Matters Technology Length: 4:55

Show # 2015-42

Date aired: 10/18/15 Time Aired: 7:004

Phil Gaddis, President, Executive Search at the Addison Group, a Chicago-based provider of professional staffing and search services

Recent statistics show that the average American changes careers seven times. Mr. Gaddis explained why the turnover has increased so rapidly in recent decades, and offered advice for people who are considering a career change.

<u>Issues covered:</u> Employment Length: 8:04

Lance LoRusso, Atlanta-based attorney, former law enforcement officer, author of "When Cops Kill: The Aftermath of a Critical Incident'

Mr. LoRusso said police officers are well-trained on when and how to use their weapons, but are illprepared for what to do in the aftermath. He explained how the investigation of a police shooting differs significantly from one involving a civilian. He estimated that 75% of officers involved in a deadly force incident are the target of a civil lawsuit, whether the shooting was justified or not.

Issues covered:

Police & Crime Violence **Legal Matters**

Length: 9:10

Jonathan T. Jefferson, PhD, school administrator, author of "Mugamore: Succeeding without Labels-Lessons for Educators"

Dr. Jefferson said he believes that today's education system needs to change the way it handles problem students. He said zero tolerance policies and the application of labels to students who have behavioral or learning disorders causes many of them to be left behind. He believes that schools personnel need to exercise more patience with immature students to give them time to grow into productive students.

Issues covered:

Education Youth at Risk Length: 5:07

Show # 2015-43

Date aired: 10/25/15 Time Aired: 7:00A

Cary Funk, Associate Director of Research at Pew Research Center

A recent survey by the Pew Research Center found that Americans' grasp of common science topics could be better. She outlined the results of the survey, including differences between genders, ages and education levels. She explained why a basic understanding of scientific principles is important for Americans to understand many of today's civic issues.

Issues covered:

Education Science Citizenship Length: 7:07

Julie Lythcott-Haims, former Dean of Freshmen and Undergraduate Advising at Stanford University, author of "How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success"

Ms. Lythcott-Haims believes that overparenting is out of control in America, and that it harms children, their stressed-out parents, and society at large. She explained how parents can allow children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

Issues covered:

Parenting

Length: 10:11

Karina Davidson, PhD, researcher and clinical psychologist at Columbia University Medical Center in New York

Dr, Davidson recently led a 10-year study that found that happiness may prevent a heart attack. She explained the science behind this finding and suggested ways that people can improve their outlook to improve their health.

<u>Issues covered:</u> Personal Health Mental Health Length: 4:30

Show # 2015-44 **Date aired:** 1:000

Denise Pope, Senior Lecturer, Co-Founder, Challenge Success at Stanford University Graduate, coauthor of "Overloaded and Underprepared

Dr. Pope explained why parents and teachers should be concerned that many America's students are stressed out or have given up. She outlined steps that schools can take to provide kids with academic, social and emotional skills needed to succeed in school now and as adults later. She talked about the Challenge Success program at Stanford and how the program is customized for each school in which it is applied.

Issues covered:

Education Parenting

Length: 9:53

Brooks Palmer, professional organizer, author of "Clutter Busting: Letting Go of What's Holding You Back" and "Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others"

Most Americans struggle with clutter and disorganization. Mr. Palmer talked about the emotionally suffocating effects of clutter and why people have problems letting go of items they no longer need or use. He offered suggestions for how to get started and how to look at items in a different way to assess whether they are worth keeping.

Issues covered:
Personal Productivity
Workplace Matters
Mental Health

Length: 7:27

Length: 5:04

Kevin Haley, Director of Product Management for Symantec Security Response

Today's smartphones hold a wealth of personal, financial and work-related data that thieves would love to get their hands on. So what happens when a phone is lost or stolen?

Mr. Haley led a research project that intentionally lost 50 phones to see what data was accessed by the finder and whether the phones would be returned to their owners. The results were Showoncerting. Mr. Haley offered advice for phone owners to protect their data.

Issues covered:
Crime
Privacy

Workplace Matters

Show # 2015-45 **JIB/15** Time Aired: 1:004

Barry Schwartz, PhD, Professor of Psychology at Swarthmore College, author of "Why We Work"

Dr. Schwartz discussed his research that examined why Americans work. He said the reasons are surprising and complex, but that the need for a paycheck is not the primary factor. He discussed the most common trends and patterns that lead to happiness in the workplace, and how employers can try to improve productivity and employee satisfaction.

Issues covered: Workplace Matters Mental Health

Length: 9:27

William MacAskill, PhD, Associate Professor in Philosophy at Oxford University, cofounder of the nonprofit organizations Giving What We Can and 80,000 Hours, author of "Doing Good Better: How Effective Altruism Can Help You Make a Difference"

Dr. MacAskill said Americans often base their decisions on where to donate money and what career to pursue on emotions and false assumptions. He outlined five key questions that may help consumers make wiser altruistic decisions. He explained how to use evidence and careful reasoning to chart the best course to help others.

Issues covered: **Charitable Giving Consumer Matters** Career

Length: 7:58

Katie Lilienquist, Assistant Professor of Organizational Leadership and Strategy at Brigham Young University's Marriott School of Management, expert in behavior and decision making

Prof. Liljenquist led a study that found that the smell of cleaning products can make people act more virtuous. She explained the reasons behind the behavioral changes. She also talked about potential ways to smells could be used to reduce societal problems such as crime or vandalism.

Issues covered: Health

Length: 4:57

Parenting Issues

Show # 2015-46 Show # 2015-46

Date aired: 11/15/15 Time Aired: 1:00A

Dara Feldman, award-winning teacher, Director of Educational Initiatives for The Virtues Project, author of "The Heart of Education"

Ms. Feldman noted that 50 percent of new teachers get burned out in their first five years on the job and end up leaving the profession. She explained why this is such a costly problem and how it damages our nation's education system. She offered suggestions for concerned parents who would like to help and encourage stressed-out teachers.

Issues covered:

Length: 8:57

Education **Parenting**

Sheldon Krantz, Distinguished Visiting Professor of Law at the University of Maryland Carey School of Law, former dean of the University of San Diego Law School, former law professor at the Boston University Law School, former federal prosecutor, author of "The Legal Profession: What Is Wrong and How to Fix It'

Mr. Krantz said legal services should be available to every American, whether they can afford it or not. He said attorneys do not provide nearly enough pro bono services. He said many of today's law students would be willing to work in the public interest, but are often mired down in student debt. He would like to see loan forgiveness programs or other new initiatives that would enable young lawyers to help lower-income litigants.

Issues covered:

Length: 8:09

Legal Matters

Poverty

Government Policies

Brenda Shields, M.S., research coordinator, Center for Injury Research and Policy, Columbus Children's Hospital in Ohio

Ms. Shields discussed a recent study into the increasing dangers for young people involved in cheerleading. Her research found that emergency room visits are becoming much more common as cheerleading routines have added complex gymnastic moves. She outlined the questions that parents should ask, to be sure coaches are properly qualified.

Issues covered:

Length: 4:45

Personal Health Children Parenting

Show # 2015-47

Date aired: 1//22/15 Time Aired: 7:00A

Yasmin Hurd, PhD, Professor of Psychiatry and Neuroscience at the Icahn School of Medicine at Mount Sinai Hospital in New York

Dr. Hurd's research found that teenagers who smoke marijuana may make their future offspring more vulnerable to substance abuse problems. She believes that marijuana use causes structural changes in DNA that may last for generations. Dr. Hurd said much more research into the health effects of marijuana is needed. She also explained how parents can deal with the mixed messages society is conveying to young people about marijuana.

Issues covered:

Length: 9:22

Substance Abuse Government Regulations

Parenting

Chris Malone, Managing Partner of Fidelum Partners, a research-based consulting and professional services firm, author of "THE HUMAN BRAND: How We Relate to People, Products and Companies"

Mr. Malone explained why upstart businesses have surged in popularity while many traditionally dominant companies and brands have been falling behind. He outlined the reasons that social media has become such a valuable tool for both consumers and the companies they do business with. He said business schools fail to teach students how to nurture relationships with customers, causing much less loyalty to brands and products.

Issues covered: Consumer Issues Education

Length: 7:52

Janet Larson, Director of Research, the Earth Policy Institute

The US is the world's largest consumer of bottled water. Ms. Larson talked about the huge environmental impact of bottled water, both in its manufacture and disposal. She also explained how consumers can wisely decide whether to use bottled water.

Issues covered: **Environmental Issues Consumer Issues**

Length: 4:54

Show # 2015-48

Date aired: 11/29/15 Time Aired: 7:009

Karl Pillemer, PhD, Hazel E. Reed Professor in the Department of Human Development and Professor of Gerontology in Medicine at the Weill Cornell Medical College, Founder and Director of the Cornell Institute for Translational Research on Aging, author of "30 Lessons On Living: Tried and True Advice from the Wisest Americans"

Dr. Pillemer interviewed more than 1,000 Americans over the age of 65 to seek their counsel on all of life's big issues; children, marriage, money, career and aging. He explained why younger people should take advantage of this rich resource of older Americans' wisdom. He recommends that young people talk to older members of their own family before it is too late.

Issues covered:

Senior Citizens Personal Health

Career

Length: 9:17

Scott Bittle, policy analyst, Senior Fellow and Founding Editor of PublicAgenda.org, a non-partisan public opinion research organization, author of "Where Did the Jobs Go And How Do We Get Them Back?"

The subject of unemployment remains the public's top concern in polls and is continually marked as the most damaging result of the Great Recession. Mr. Bittle explained why the issue is so complex and why the nation needs to take a long-term approach to resolving it. He also analyzed various solutions proposed by each side of the political spectrum.

Issues covered: Unemployment **Government Policies Economy**

Length: 7:57

John Hayes, PhD, Assistant Professor of Food Science and Director of the Sensory Evaluation Center at Penn State University

Nine out of 10 Americans get too much sodium in their diets. Dr. Hayes discussed a recent government report that found that just 10 foods are responsible for 44 percent of the sodium in the average diet. He outlined steps to cut sodium intake and the reasons why everyone should do it.

Issues covered: Personal Health

Length: 4:54

Show # 2015-49

Date aired: 12/6/15 Time Aired: 7:000

Lisa J. Servon, PhD, Professor and former dean at the Milano School of International Affairs, Management, and Urban Policy at The New School in New York

Alternative financial providers such as check cashers and payday lenders are often accused of preying on the poor, with high fees and interest rates. Dr. Servon conducted a study that examined why many lower income residents make the conscious decision to use these services, rather than traditional banks. She was surprised to find that the choice actually makes sense for many people who live paycheck to paycheck.

Issues covered:

Poverty
Government Regulations
Personal Finance

Length: 11:05

Dan McCue, Research Manager, Joint Center for Housing Studies of Harvard University

The cost of renting an apartment or house has jumped in the past decade, according to a study led by Mr. McCue. A rise in prices, combined with the drop in renter incomes, has made affordability a major concern. Much of the jump in prices is because of increased demand for rental homes as a result of the mortgage crisis. He said a quarter of all U.S. households are paying more than half of their income for housing, which is dangerously high.

Issues covered:
Affordable Housing
Poverty
Consumer Issues

Length: 6:07

Debbie Magids, PhD, psychologist, author of "All the Good Ones Aren't Taken"

Dr. Magids discussed the trend of serial dating and why dating is so difficult for women in particular. She explained the most common dating errors and suggested ways that a person can analyze their own patterns of behavior, to clear the way for more fulfilling relationships.

<u>Issues covered:</u> Mental Health Women's Issues Length: 4:48

Show # 2015-50

Date aired: 12/13/15

Time Aired: 1:00A

Alvin E. Roth, PhD, Craig and Susan McCaw Professor of Economics at Stanford University, Gund Professor of Economics and Business Administration Emeritus at Harvard University, author of "Who Gets What — and Why: The New Economics of Matchmaking and Market Design"

Dr. Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.

Issues covered:

Economics Career Education <u>Length:</u> 9:17

Joel Kahn, MD, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC, author of "The Whole Heart Solution"

According to Dr. Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease and he said changes in diet and exercise can often reverse the disease.

Issues covered: Personal Health

Length: 8:01

Paul Tough, former editor at the New York Times Magazine, nationally recognized writer on poverty, education and the achievement gap

Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.

Issues covered: **Poverty** Education **Minority Concerns Parenting**

at Michigan State University.

Length: 5:00

Show # 2015-51

Date aired: 12/20/15 Time Aired: 1:00A

Russell E. Johnson, PhD, Assistant Professor of Management in the Eli Broad College of Business

Dr. Johnson's research has found that that people who check their work emails on smartphones at night could end up hurting their ability to work the following day. He found that smartphones appeared to have a greater effect on people's energy levels and sleeping abilities in comparison to other electronic screens. He offered several suggestions on how to control smartphone use at night.

Issues covered:

Personal Health Workplace Matters

Career

Length: 7:24

Length: 9:36

Daniel J. Siegel, MD, neuropsychiatrist, Clinical Professor of Psychiatry at the UCLA School of Medicine, Executive Director of the Mindsight Institute, author of "Brainstorm: The Power and Purpose of the Teenage Brain"

Dr. Siegel said that between the ages of 12 and 24, the brain changes in dramatic and important ways. He believes this brain development is the explanation for sometimes erratic, unusual and creative behavior in teens. He said that if parents understand the science behind these changes, they can better help their teenagers navigate this challenging phase of life.

Issues covered:

Parenting

Personal Health

Kenneth Dautrich, PhD, Associate Professor of Public Policy, University of Connecticut

Dr. Dautrich recently conducted a survey of students to learn their attitudes toward the First Amendment. He found that schools are spending more class time on the First Amendment, but a sizeable number of students either do not view the First Amendment favorably or take its protections for granted.

Issues covered: Citizenship Education

Length: 4:52

Show # 2015-52 Date aired: 12/27/15 Time Aired: 1:000

John M. Leventhal, MD, Professor of Pediatrics and Medical Director of the Child Abuse and Child Abuse Prevention Program at Yale Medical School, expert in child abuse prevention

Dr. Leventhal has dedicated his career to the prevention of child abuse. He recently conducted a study that found that the first year of life is the most dangerous for children. He said that parents from any income, educational or social level can be the perpetrators of abuse, largely because they are unprepared to deal with infants' crying. He believes that educational programs for new parents could help reverse the trend.

Issues covered:

Child Abuse Parenting

Length: 8:31

Erin Botsford, financial planning expert, author of "The Big Retirement Risk: Running out of Money Before You Run Out of Time"

For many baby boomers, the recession didn't wipe out their nests egg completely, but it did shrink it considerably. Ms. Botsford discussed the turbulence in today's economy and how it has changed retirement planning. She explained how people approaching their golden years can assess their financial needs and take steps to ensure a sound retirement.

Issues covered:

Retirement Planning Senior Citizens Personal Finance

Length: 8:41

Aaron W. Smith, Senior Research Specialist with Pew Research Center's Internet & American Life Project

Mr. Smith surveyed 1,000 US adults and found that more half of consumers used cell phones in stores during the holidays. He outlined the most common ways that consumers use their phones as shopping tools. He also explained how brick-and-mortar stores may react to the trend by changing policies, products and prices.

Issues covered: **Economy**

Consumer Matters

Length: 5:01

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ISSUE	PROGRAM/TITLE	DESCRIPTION	DATE/TIME	DURATION
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Section III PUBLIC SERVICE ANNOUNCEMENTS

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Adoption/Foster Care	Adopt U.S. Kids	000:30	013
Adoption/Foster Care	Adopt U.S. Kids	001:00	022
Animal Welfare	Farmington Animal Shelter	000:27	011
Arts, Community Activities	Farmington Animal Shelter	000:24	009
Bullying	Ad Council	001:00	027
Bullying	BYSTANDER REVOLTUION	000:30	010
Bullying	National Education Assoc NM	000:29	027
Cancer Awareness	Radiological Society	000:16	013
Cancer Awareness	Radiological Society	000:30	012
Cancer Awareness	Radiological Society	001:00	014
Caregiver Assistance	AARP	000:58	034
Child Abuse/Neglect	Casa Court Appointed Advocate	000:27	025
Child Mentoring	Big Brothers/Big Sisters	000:31	076
Child Mentoring	Farmington Boys & Girls Club	000:15	045
Children's Dental Health	Ad Council	001:00	031
Children's Health	Save the Children	000:30	028
Children's Health	St. Jude Research Hospital	000:14	046
Children's Health	St. Jude Research Hospital	000:59	039
Children's Health	United Way	000:15	044
Children's Services	Make-A-Wish	001:00	032
Civic Affairs	US Postal Service	000:25	023

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Civic Affairs	US Postal Service	000:28	006
Community Activities	Farmington Parks & Rec Dept.	000:22	006
Community Activities	Farmington Parks & Rec Dept.	000:26	001
Community Activities	Farmington Parks & Rec Dept.	000:27	035
Community Activities	River Reach Foundation	000:22	021
Community Activities	Sycamore Park Community Cente	000:19	018
COMMUNITY INVOLVEMENT	United Way	000:30	030
COMMUNITY INVOLVEMENT	United Way	001:00	027
Crime Prevention	Dept. of Homeland Security	000:14	041
Disability Resources	U.S. Health & Human Services	000:59	032
Disability Services	AARP	001:00	021
Disability Services	U.S. Health & Human Services	000:59	037
Domestic violence	Ad Council	000:30	026
Domestic violence	Family Crisis Center	000:25	012
Education	Farmington Museum	000:18	004
Education	National Education Assoc NM	000:59	031
Enviornment	Farmington Clean & Beautiful	000:23	002
Enviornment	Farmington Clean & Beautiful	000:24	012
Enviornment	Riverside Nature Center	000:22	009
Enviornment	U.S. Forest Service	000:10	022
Enviornment	U.S. Forest Service	000:15	037
Fatherhood Involvement	U.S. Health & Human Services	000:30	027
Fatherhood Involvement	U.S. Health & Human Services	001:00	029
Fine Arts	Caliente Chorus/SARA DEAN	000:21	008
Fine Arts	San Juan College Orchestra	000:21	010
Health Care	American Family Physicians	000:21	025
Health Care	Radiological Society	000:15	032
Health Care	Radiological Society	000:30	058
Health Care	Radiological Society	001:00	034

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Health Care	U.S. Department of Health	000:20	026
Human Trafficking	Dept. of Homeland Security	000:15	038
Hunger Prevention	Feeding America	001:00	035
Hunger Prevention	Food Bank of America	000:30	021
Hunger Prevention	Food Bank of America	001:00	034
Literacy	Reading Is Fundamental	000:30	027
Lyme Disease Prevention	NatCapLyme Association	001:02	024
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	012
MILITARY AND VETERANS	WOUNDED WARRIORS	000:30	009
Pest Management	National Pest Management	000:30	060
Pest Management	National Pest Management	001:00	033
POVERTY	Kiwanis Club	000:38	052
Public Health Issues	San Juan Regional Hospital	000:14	010
Shelter Pet Adoption	Shelter Pet Project	000:30	029
Texting & Driving	National Traffic Safety Admin	000:30	026
Tobacco	Youth Leadership Council	000:30	059
Toys for Tots Drive	Toys for Tots	000:21	007
us marines	U.S. Marine Corps	000:15	022
us marines	U.S. Marine Corps	000:16	025
us marines	U.S. Marine Corps	000:30	020
us marines	U.S. Marine Corps	001:00	015
Veterans Aid	Paralyzed Veterans of America	000:15	038
Veterans Aid	Paralyzed Veterans of America	000:20	025
Veterans Aid	Wounded Warrior Project	000:30	029
Veterans Aid	Wounded Warrior Project	001:00	039
Veterans Services	Veterans of America	000:20	028
Veterans Support/Comm. Servic	Farmington Indian Center	000:29	029
VOTING	ROCK THE VOTE	000:29	100
VOTING	ROCK THE VOTE	000:30	007

	
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