

KCQL  
Farmington, NM  
Quarterly Issues/Programs List  
First Quarter, 2018  
03/29/2018

KCQL  
Quarterly Issues/Programs List

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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:

- **Alzheimer's Disease:** Our guest this week was Walden Lynch, Regional Manager for the Alzheimer (tm)s Association of New Mexico. He joined us for a very informative show about Alzheimer (tm)s disease. We learned about how it works and attacks the brain, what the effects are on the patient and why. He also gave our listeners some very valuable signs to look for before the disease manifests itself catastrophically. Mr. Lynch also teaches classes for caregivers, and leads a support group.
- **Arts & Entertainment/Library Services:** Maurice Sendack is perhaps the greatest illustrator and author of children (tm)s books in our age. He is responsible for, *Where The Wild Things Are* , *In The Night Kitchen* , *Little Bear* and many more. An exhibition of his works is now on display at the Farmington Public Library courtesy of the Library Foundation. It features original works from Sendack himself, along with many special related events. The exhibit has been on tour since 2013, visiting each of the 50 states. And will remain in Farmington until April 22nd.
- **Children's Health:** Give Kids A Smile Day is dedicated to the idea that good dental care should be available to as many disenfranchised youth in the community as possible. Both dentists and hygienists give their time to treat 50 children on a first come, first served basis. From cleanings to extractions and root canals, these dental professionals run the gamut of care for kids who truly need, and often don (tm)t or can (tm)t afford proper care. Last year, close to \$50,000 in services were provided on Give Kids a Smile Day.
- **Children's Healthcare:** Our topic this week was geared toward National Children's Hospital Week, and the 171 Children's Miracle Network Hospitals. The hospital in Albuquerque, NM, serves kids from our local community. Children's Hospital Week, March 5th-11th, highlights the importance of children's hospitals and how donations help kids get the best care when they need it. All donations made stay within the community to help treat kids across the state of New Mexico. Listeners were asked to support the Band-Aid/bandage campaign and the return of the Facebook Live-A-Thon.
- **Children's Services:** Leticia Joseph, Director of the Farmington Boys & Girls Club was our guest to discuss activities and upcoming fundraisers that will benefit the three area clubs. The annual Mayor (tm)s Ball, a

black tie affair, will benefit the Boys and Girls Clubs in Farmington, Aztec and Bloomfield this year. The monies collected from the event will be distributed to the three clubs for programs in art, sports, field trips, equipment, as well as an addition to the Farmington Club, where a teen section is being constructed.

- **Cystic Fibrosis:** Cystic Fibrosis is a horrifying disease, filling the body systems with a thick mucus that robs mostly all young children of their lives. Lisa Willems was our guest this week to discuss the advancements in treatment for Cystic Fibrosis. Lisa has a daughter with the disease, and is a shining example of how this disease can be controlled and kept at bay if watched carefully. She benefited from a Boomer Esiason scholarship, funded by the NFL QB. We also discussed the upcoming Cystic Fibrosis Great Strides Walk, and encouraged listeners to join in.
- **Distracted Driving/Law Enforcement:** Driving home from her college graduation, the car Jacy was in was destroyed due to a distracted driver. As a result of the accident, both of her parents were killed and Jacy was barely clinging to life. After many months of rehab, she is well, but suffers from some paralysis. She now travels the country, giving talks about the horrible realities of distracted driving. Whether it (tm)s talking on the phone, even hands free, texting, or taking selfies, it can all turn into tragedy in seconds. They will speak at all local high schools and San Juan College for a public presentation, April 3rd. She encouraged listeners to visit the website, [www.hangupanddrive.com](http://www.hangupanddrive.com) for more information.
- **Employment and Education:** Discussion this week centered on the San Juan College Cyber Security Conference, known as Cyber Con, February 21st and 22nd at the Center for Workforce Development. Alisha Korbell discussed the 3rd annual conference that not only caters to adults, but also to children. We talked about the many high paying careers that are available in the cyber security field, and the many training programs that are available in the IT and technology fields at San Juan College. Children were encouraged to attend to learn about online security games and computer technology.
- **Health & Wellness:** Steve Lien of the Farmington Chamber of Commerce was our guest this week to discuss the upcoming chamber sponsored health fair. We discussed what types of screenings will be available for attendees. We also put out the call for booth rentals that are available. We also discussed health related New Year (tm)s resolutions- focusing on tips to start slow, get a doctor (tm)s advice before you start, and to not become overwhelmed when initial goals seem harder to attain. The health fair benefits the Farmington Chamber of Commerce, which in turn benefits the community with its work.
- **Heart Health:** Marcus Appleton, educator from the Heart Center at San Juan Regional Medical Center spoke this week about the upcoming Affair of the Heart health fair. We discussed exercise, nutrition and home health. Marcus stressed that it (tm)s not one course of action or treatment to stay heart healthy, but rather a combination of things. The Goosebump Walk and Fun Run are activities to get the blood pumping, burn some calories, and show how easy it is to incorporate exercise

into your daily routine.

- **Special Olympics:** Once again, we put out the call to those brave enough to take an icy dip into the waters of Farmington Lake for a great cause that benefits so many: Special Olympics. Our guest this week was Jenny Davis from the local Special Olympics chapter who discussed the annual event. Collect at least \$100 in donations, and make your polar plunge at The Beach at Farmington Lake. Groups and costumes are welcome and encouraged! All the monies collected goes to the 2018 Law Enforcement Torch Run, and Special Olympics in this area.
- **Youth Theater and Arts:** We were joined by three members of the Piedra Vista High School Drama department. The students shared their enthusiasm for the arts, particularly music and theater. They are part of the production of Mulan Jr. at PV. We discussed the how (tm)s and why (tm)s of interest in theater, and how it allows them to become other characters while enriching and broadening their minds. In light of the tragedy in Florida, we also took time to ask about how they felt about the world around them. Answers ranged from confused to afraid. Let (tm)s hope the theater will always provide distraction.

**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	DESCRIPTION	GUEST	DATE/TIME	DURATION
Health & Wellness	Four Corners Focus/Chamber Health Fair	Steve Lien of the Farmington Chamber of Commerce was our guest this week to discuss the upcoming chamber sponsored health fair. We discussed what types of screenings will be available for attendees. We also put out the call for booth rentals that are available. We also discussed health related New Year (tm)s resolutions-focusing on tips to start slow, get a doctor (tm)s advice before you start, and to not become overwhelmed when initial goals seem	Steve Lien	01/07/2018 07:26 AM	031:11

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		harder to attain. The health fair benefits the Farmington Chamber of Commerce, which in turn benefits the community with its work.			
Children's Services	Four Corners Focus/Mayor's Ball/Boys & Girls Clubs	Leticia Joseph, Director of the Farmington Boys & Girls Club was our guest to discuss activities and upcoming fundraisers that will benefit the three area clubs. The annual Mayor (tm)s Ball, a black tie affair, will benefit the Boys and Girls Clubs in Farmington, Aztec and Bloomfield this year. The monies collected from the event will be distributed to the three clubs for programs in art, sports, field trips, equipment, as well as an addition to the Farmington Club, where a teen section is being constructed.	Leticia Joseph	01/14/2018 07:27 AM	030:16
Special Olympics	Four Corners Focus/Special Olympics Polar Plunge	Once again, we put out the call to those brave enough to take an icy dip into the waters of Farmington Lake for a great cause that benefits so many: Special Olympics. Our guest this week was Jenny Davis from the local Special Olympics chapter who discussed the annual event. Collect at least \$100 in donations, and make your polar plunge at The Beach at Farmington Lake. Groups and costumes are welcome and encouraged! All the monies collected goes to the 2018 Law Enforcement Torch Run, and Special Olympics in	Jenny Davis	01/21/2018 07:27 AM	029:30

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		this area.			
Children's Health	Four Corners Focus/Give Kids A Smile Day	Give Kids A Smile Day is dedicated to the idea that good dental care should be available to as many disenfranchised youth in the community as possible. Both dentists and hygienists give their time to treat 50 children on a first come, first served basis. From cleanings to extractions and root canals, these dental professionals run the gamut of care for kids who truly need, and often don't or can't afford proper care. Last year, close to \$50,000 in services were provided on Give Kids a Smile Day.	Dr. Julius Manz	01/28/2018 07:27 AM	029:16
Employment and Education	Four Corners Focus/San Juan College Cyber Con	Discussion this week centered on the San Juan College Cyber Security Conference, known as Cyber Con, February 21st and 22nd at the Center for Workforce Development. Alisha Korbell discussed the 3rd annual conference that not only caters to adults, but also to children. We talked about the many high paying careers that are available in the cyber security field, and the many training programs that are available in the IT and technology fields at San Juan College. Children were encouraged to attend to learn about online security games and computer technology.	Alicia Korbell	02/04/2018 07:27 AM	029:37
Heart Health	Four Corners Focus/Affair of the Heart-	Marcus Appleton, educator from the Heart Center at San Juan	Marcus Appleton	02/11/2018 07:27 AM	029:28

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
	Goosebump Race	Regional Medical Center spoke this week about the upcoming Affair of the Heart health fair. We discussed exercise, nutrition and home health. Marcus stressed that it (tm)s not one course of action or treatment to stay heart healthy, but rather a combination of things. The Goosebump Walk and Fun Run are activities to get the blood pumping, burn some calories, and show how easy it is to incorporate exercise into your daily routine.			
Youth Theater and Arts	Four Corners Focus/Piedra Vista High School Theater Program-Mulan Jr.	We were joined by three members of the Piedra Vista High School Drama department. The students shared their enthusiasm for the arts, particularly music and theater. They are part of the production of Mulan Jr. at PV. We discussed the how (tm)s and why (tm)s of interest in theater, and how it allows them to become other characters while enriching and broadening their minds. In light of the tragedy in Florida, we also took time to ask about how they felt about the world around them. Answers ranged from confused to afraid. Let (tm)s hope the theater will always provide distraction.	Rebecca M/Tyler G/Adrianna H	02/18/2018 07:26 AM	031:29
Alzheimer's Disease	Four Corners Focus/Alzheimer's Association	Our guest this week was Walden Lynch, Regional Manager for the Alzheimer (tm)s Association of New Mexico. He joined us for a very informative show	Walden Lynch	02/25/2018 07:28 AM	029:40

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>about Alzheimer (tm)s disease. We learned about how it works and attacks the brain, what the effects are on the patient and why. He also gave our listeners some very valuable signs to look for before the disease manifests itself catastrophically. Mr. Lynch also teaches classes for caregivers, and leads a support group.</p>			
Children's Healthcare	Four Corners Focus/Children's Hospital Week	<p>Our topic this week was geared toward National Children's Hospital Week, and the 171 Children's Miracle Network Hospitals. The hospital in Albuquerque, NM, serves kids from our local community. Children's Hospital Week, March 5th-11th, highlights the importance of children's hospitals and how donations help kids get the best care when they need it. All donations made stay within the community to help treat kids across the state of New Mexico. Listeners were asked to support the Band-Aid/bandage campaign and the return of the Facebook Live-A-Thon.</p>	Shawn Valentine	03/04/2018 07:28 AM	029:10
Cystic Fibrosis	Four Corners Focus/Cystic Fibrosis Great Strides Walk	<p>Cystic Fibrosis is a horrifying disease, filling the body systems with a thick mucus that robs mostly all young children of their lives. Lisa Willems was our guest this week to discuss the advancements in treatment for Cystic Fibrosis. Lisa has a</p>	Lisa Willems	03/11/2018 07:27 AM	029:35

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>daughter with the disease, and is a shining example of how this disease can be controlled and kept at bay if watched carefully. She benefited from a Boomer Esiason scholarship, funded by the NFL QB. We also discussed the upcoming Cystic Fibrosis Great Strides Walk, and encouraged listeners to join in.</p>			
<p>Arts &amp; Entertainment/Library Services</p>	<p>Four Corners Focus/Maurice Sendak- 50 Years, 50 Works, 50 Reasons</p>	<p>Maurice Sendack is perhaps the greatest illustrator and author of children (tm)s books in our age. He is responsible for, Where The Wild Things Are , In The Night Kitchen , Little Bear and many more. An exhibition of his works is now on display at the Farmington Public Library courtesy of the Library Foundation. It features original works from Sendack himself, along with many special related events. The exhibit has been on tour since 2013, visiting each of the 50 states. And will remain in Farmington until April 22nd.</p>	<p>Jenny Lee Ryan</p>	<p>03/18/2018 07:27 AM</p>	<p>029:20</p>
<p>Distracted Driving/Law Enforcement</p>	<p>Four Corners Focus/Hang Up and Drive</p>	<p>Driving home from her college graduation, the car Jacy was in was destroyed due to a distracted driver. As a result of the accident, both of her parents were killed and Jacy was barely clinging to life. After many months of rehab, she is well, but suffers from some paralysis. She now travels the country, giving talks about the horrible realities of distracted</p>	<p>Jacy Good</p>	<p>03/25/2018 07:28 AM</p>	<p>029:36</p>



ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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driving. Whether it (tm)s talking on the phone, even hands free, texting, or taking selfies, it can all turn into tragedy in seconds. They will speak at all local high schools and San Juan College for a public presentation, April 3rd. She encouraged listeners to visit the website, [www.hangupanddrive.com](http://www.hangupanddrive.com) for more information.

**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.

ISSUE	PROGRAM / TITLE	DESCRIPTION	DATE/TIME	DURATION
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**(Insert network and/or syndicator-provided programs lists here.)**



Call Letters: KCQL

Weekly Public Affairs Program

**QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2018**

Show # 2018-01  
Date aired: 1/7 Time Aired: 7:00A

**John Huber, PhD**, Clinical Forensic Psychologist, Chairman of Mainstream Mental Health, a non-profit organization that treats mental health issues

Dr. Huber discussed research that has found that nearly half of teens who log at least five hours of screen time a day have thought about or attempted suicide. He discussed that concern and other mental health risks that result from too much time online. He offered advice for parents who would like to monitor and limit their teens' social media and screen time.

**Issues covered:**

**Length: 8:24**

- Suicide
- Parenting
- Mental Health

**Alex Michael**, personal finance expert, co-founder of the blog TheThriftyCouple.com, co-author of "The 2% Rule to Get Debt Free Fast"

Mr. Michael explained how he and his wife managed to eliminate more than \$100,000 in consumer debt with a few years. He offered suggestions on how to make cuts in family budgets and how find opportunities to increase monthly income.

**Issues covered:**

**Length: 8:33**

- Personal Finance
- Entrepreneurship

**Erin McCauley**, doctoral candidate in policy analysis and management, Cornell University

Ms. McCauley was the lead author of a study that found that people with disabilities are more likely to be arrested. She said people with disabilities in the study – including emotional, physical, cognitive or sensory disabilities – were nearly 44 percent more likely to be arrested by age 28. She also noted that there was a clear racial component: black men with disabilities in the study were at a particularly high risk of arrest. She believes the problem should be addressed by community members and local institutions, such as police.

**Issues covered:**

**Length: 5:02**

- Disabilities
- Crime
- Minority Concerns

Show # 2018-02

Date aired: 1/14 Time Aired: 7:00A

**Annie Grace**, author of "This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life"

Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. Ms. Grace shared her personal struggles with alcohol addiction and how she quit. She debunked myths connected to social drinking. She also discussed societal pressures, psychological factors, and other reasons people drink.

**Issues covered:**

**Length: 8:25**

**Substance Abuse  
Mental Health**

**John Brown Miller, PhD**, global expert on public infrastructure, former Professor of Construction Management and Civil And Environmental Engineering at the Massachusetts Institute of Technology

Dr. Brown discussed why government costs so much and why public infrastructure projects are frequently delayed or over budget. He offered examples to illustrate how other countries' public works projects are often completed in more cost-effective and efficient ways than in the U.S.

**Issues covered:**

**Length: 8:50**

**Public Infrastructure  
Government Spending**

**Jodie Plumert, PhD**, Professor and Starch Faculty Fellow at the University of Iowa

For adults, crossing the street by foot seems easy. Dr. Plumert led a study that found that most kids' perceptual judgment and motor skills aren't developed enough to safely cross a street until age 14. She discussed the precautions that parents should take for younger children.

**Issues covered:**

**Length: 4:54**

**Traffic Safety  
Child Safety**

Show # 2018-03

Date aired: 1/21 Time Aired: 7:00A

**Susan Robinson**, Senior Public Affairs Director of Waste Management

Ms. Robinson outlined the biggest myths surrounding recycling. She talked about the most common items that consumers place in recycling bins that don't belong there, and what items should be recycled that often are not. She also discussed whether communities lose money on recycling programs.

**Issues covered:**

**Length: 9:29**

**Recycling  
Environment  
Government Programs**

**Cheryl Richardson**, motivational speaker and life coach, author of *“Waking Up in Winter: In Search of What Really Matters at Midlife”*

Ms. Richardson discussed thought-provoking questions about what matters at mid-life. She shared her personal story of being dissatisfied with a successful career once she reached her fifties. She talked about the value of journaling and how it helped her reexamine everything – her marriage, her work, her friendships, and her priorities.

**Issues covered:**

**Length: 7:37**

Aging  
Mental Health

**Maria Fitzpatrick, PhD**, Associate Professor in the Department of Policy and Management at Cornell University, Research Associate at the National Bureau of Economic Research

About a third of all Americans retire and start claiming Social Security when they turn 62. Dr. Fitzpatrick co-authored a study that found that men who retire at 62 experience a 20 percent higher likelihood of early death, compared to those who delay retirement. She talked about the possible factors behind this phenomenon and what retirees can do to stay physically and mentally healthy.

**Issues covered:**

**Length: 4:58**

Retirement Planning  
Senior Citizens  
Personal Health

Show # 2018-04

Date aired: 1/28 Time Aired: 7:00A

**Deirdre Maloney**, author of *“Bogus Balance: Your Journey to Real Work/Life Bliss”*

These days, nearly everyone struggles to balance their work and home lives. Ms. Maloney said that no one can achieve a perfect balance. She said it is possible to find real balance and satisfaction by setting priorities and accepting that you can't have it all. She explained why it is important to analyze your own values and priorities on a regular basis.

**Issues covered:**

**Length: 9:28**

Career  
Parenting  
Mental Health

**Doug Whiteman**, Insurance Analyst at Bankrate.com

37% of Americans with children under age 18 do not have any life insurance, according to a new Bankrate.com study. And about one-third of the parents who do have life insurance have no more than \$100,000 of protection. Mr. Whiteman explained why this is such a great concern. He also offered suggestions on how to shop for life insurance and how to determine how much coverage is necessary.

**Issues covered:**

**Length: 7:46**

Personal Finance  
Parenting

**Richard Johnson, PhD**, Senior Fellow at the Urban Institute, an independent non-partisan organization that evaluates social and economic issues

Dr. Johnson studied Americans who change careers after age 50. He found that most take pay cuts and accept lesser health benefits, but are still happier in their new jobs. He explained why these workers decide to switch careers, and offered advice for older job hunters.

**Issues covered:**

**Length: 4:50**

Senior Citizens  
Workplace Matters  
Unemployment

Show # 2018-05

Date aired: 2/4 Time Aired: 7:00A

**Valter Longo, PhD**, Director of the Longevity Institute at USC in Los Angeles, author of "*The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight*"

Dr. Vongo discussed his 25 years of research on aging, nutrition, disease and longevity. He believes, in addition to exercise and a healthy overall diet, that periodic fasting may be the key to a longer and healthier life. He outlined fasting-mimicking techniques that result in the same benefits as an absolute fast.

**Issues covered:**

**Length: 9:19**

Personal Health  
Aging  
Nutrition

**Kathleen Martin Ginis, PhD**, Professor in the School of Health and Exercise Sciences at the University of British Columbia

Dr. Ginis led a study that found that just a half-hour of exercise can have a profound effect on a woman's body image, making her feel both stronger and thinner. She noted that women, in general, have a tendency to feel negative about their bodies and, she explained how that poor body image can have negative implications for a woman's psychological and physical health.

**Issues covered:**

**Length: 7:48**

Women's Issues  
Mental Health  
Physical Fitness

**Corinne Peek-Asa, PhD**, Professor of Occupational and Environmental Health in the College of Public Health at the University of Iowa

The number of suicides among farmers and farm workers in the United States has remained stubbornly high since the end of the 1980s farm crisis, much higher than workers in many other industries, according to Dr. Peek-Asa's research. She outlined the cultural and occupational factors that may contribute to this issue. She believes the solution may lie in existing resources in farming and rural communities, empowering them to more actively respond to citizens who are struggling.

**Issues covered:**

**Length: 5:02**

Suicide  
Agriculture  
Mental Health

Show # 2018-06

Date aired: 2/11 Time Aired: 7:00a

**Joanne Lipman**, former Chief Content Officer of Gannett and Editor-in-Chief of USA Today, author of *"That's What She Said: What Men Need to Know (and Women Need to Tell Them) About Working Together"*

Ms. Lipman discussed the current state of the gender gap in today's workplaces. She said that traditional corporate "diversity training" has actually made the problem worse—in part because it makes men feel demonized. She believes that the solution to workplace inequality and sexual harassment lies in reaching across the gender divide so that men become allies, rather than adversaries.

**Issues covered:**

**Length: 9:28**

**Sexual Harassment  
Women's Issues  
Minority Concerns  
Workplace Matters**

**Derek Thompson**, author of *"Hit Makers: How to Succeed in an Age of Distraction"*

Mr. Thompson said nothing simply "goes viral." He explained the little-known factors that cause that a popular movie, song, or app to come out of nowhere to become a word-of-mouth success in today's crowded media environment. He outlined possible ways these trends may affect consumers' decision making in the future.

**Issues covered:**

**Length: 7:39**

**Consumer Matters  
Media**

**Paul Redman**, Executive Director of Longwood Gardens near Philadelphia, one of the leading public gardens in the country, co-chair of the Seed Your Future initiative, which promotes horticulture as a career path for young people

Mr. Redman is concerned about the increasing shortage of professional horticulturalists and horticulture programs at universities. He noted that enrollment in horticulture programs has declined dramatically at a time when the need for graduates of these programs is more important than ever. He outlined the wide variety of good jobs available and discussed possible reasons that horticulture is not considered by young adults preparing to enter college or the job market.

**Issues covered:**

**Length: 5:02**

**Horticulture  
Education  
Career**

Show # 2018-07

Date aired: 2/18 Time Aired: 7:00a

**Mark Rank, PhD**, Professor of Social Welfare at Washington University in St. Louis

Dr. Rank led a study that found that, between the ages of 25 and 60, almost two-thirds of Americans will live in poverty for a year or more. He shared other statistics from his study that illustrate how common poverty is. He discussed the reasons behind the problem and why a surprising number of Americans move from poverty to the middle class or higher, then back to poverty again.

**Issues covered:**

**Length: 8:31**

Poverty  
Education

**Sandeep S. Grewal, MD, MS**, nutrition and weight loss expert, co-author of "*Fat-Me-Not: Weight Loss Diet of the Future*"

Most parents believe preparing and packing a healthy lunchbox is a difficult task. Dr. Grewal explained why lunches parents send to school are so critical to their kids' development and learning. He talked about the worst things parents can include in a lunch, and why hot lunches at school are not always a better option. He also discussed the most effective ways to lose weight.

**Issues covered:**

**Length: 8:33**

Parenting  
Nutrition

**Jim Quiggle**, Director of Communications at Coalition Against Insurance Fraud

Mr. Quiggle discussed Medicare fraud, which has become a multi-billion dollar industry. He explained how fraudsters rapidly evolve their techniques as investigators close in on a specific scam. He outlined common warning signs of a scam that senior citizens should recognize, such as cold-call solicitations and requesting Medicare numbers over the phone.

**Issues covered:**

**Length: 5:00**

Medicare Fraud  
Senior Citizens

Show # 2018-08

Date aired: 2/25 Time Aired: 7:00A

**Michelle Kaiser, PhD**, Assistant Professor of Social Work, Ohio State University

Hunger and poor nutrition in the U.S. may be far worse than previously understood. Dr. Kaiser led a study that examined the intersection between hunger and the types of foods found at nearby stores. She said almost a third of the households they studied were food insecure, and more than 16 percent had very low food security, meaning they were skipping meals, at risk for experiencing hunger and suffering health problems as a result. She outlined what steps can be taken to reverse this trend.

**Issues covered:**

**Length: 8:34**

Hunger  
Poverty  
Government Programs

**Christine Benz**, Director of Personal Finance at Morningstar, Inc.

Ms. Benz discussed costly areas of retirement that often are forgotten by Americans saving for their senior years. She said healthcare costs and taxes top the list. She outlined strategies to determine how and when to withdraw IRA or 401k funds to cover these significant expenses.

**Issues covered:**

**Length: 8:43**

Retirement Planning  
Senior Citizens  
Personal Finance

**Robert Barba, Senior Analyst at Bankrate.com**

63% of U.S. adults who use a smartphone have at least one financial app, according to a recent Bankrate.com report. Mr. Barba said while Millennials use them the most, the Gen X and Baby Boom generations also are heavy users. He talked about the potential security concerns, and why banks are so strongly motivated to get their customers to try banking apps.

**Issues covered:**  
Consumer Matters  
Online Security  
Personal Finance

**Length: 4:37**

Show # 2018-09

**Date aired:** 3/4 **Time Aired:** 7:00A

**Meredith Jones**, author of "*Women of The Street: Why Female Money Managers Generate Higher Returns (and How You Can Too)*"

Ms. Jones said her research found that women typically make better investment decisions than men. She explained how women's and men's investment behaviors differ. She also offered advice to young women who may be considering a career as an investment professional.

**Issues covered:**  
Personal Finance  
Women's Issues

**Length: 10:32**

**Todd Herrenkohl, PhD**, Professor of Sociology, Interim Associate Dean for Research for the Office of Research, University of Washington

Dr. Herrenkohl led a study that found that troubling behaviors exhibited by abused children can predict criminal activity when they grow up. He explained what the most common indicators are and how they differ between boys and girls. He discussed the importance of recognizing kids at risk and getting treatment for them as quickly as possible.

**Issues covered:**  
Child Abuse  
Crime  
Youth at Risk

**Length: 6:38**

**Bruce Schneier**, internationally recognized security technologist, Chief Technology Officer of Resilient Systems, a fellow at Harvard's Berkman Center, and a board member of Electronic Frontier Foundation, author of "*Schneier on Security*"

Mr. Schneier discussed a study that examined the most commonly hacked computer passwords. Many people choose passwords that are far too easy to guess. He outlined ways to choose and remember a very secure password.

**Issues covered:**  
Crime  
Consumer Matters

**Length: 5:14**



Show # 2018-10

Date aired: 3/11 Time Aired: 7:00A

**Ken Caldeira, PhD**, Atmospheric Scientist at the Carnegie Institution for Science's Department of Global Ecology

Dr. Caldeira examined 36 years of weather data and found that wind and solar power could potentially generate up to 80% of U.S. energy needs. However, it would require significant and expensive improvements to the nation's energy transmission grid. He said he was surprised to find that wind power is even less consistently available than solar. He also outlined the ways that energy providers must generate electricity by other means when renewable sources falter.

**Issues covered:**

**Length: 8:16**

**Renewable Energy  
Pollution  
Government Infrastructure**

**Catherine Price**, science journalist, author of "*How to Break Up with Your Phone*"

Ms. Price said that phones and apps are designed to be addictive to users. She explained how the time we spend on them damages our abilities to focus, think deeply, and form new memories. She suggested simple changes to a phone's settings that can make them less intrusive.

**Issues covered:**

**Length: 8:50**

**Mental Health  
Parenting  
Consumer Matters**

**Heather Schafer**, CEO for the National Volunteer Fire Council

Ms. Schafer said volunteers make up 80% of all fire services across the United States. She said the call volume in recent years has tripled, but volunteer fire departments are struggling to find younger recruits. She said younger people have less spare time to volunteer than previous generations. She outlined the many benefits of volunteering.

**Issues covered:**

**Length: 4:53**

**Volunteerism  
Fire Safety  
Disaster Preparedness**

Show # 2018-11

Date aired: 3/18 Time Aired: 7:00A

**Howard Waitzkin, M.D., Ph.D.**, Distinguished Professor Emeritus in the Department of Sociology at the University of New Mexico, Adjunct Professor in the Department of Medicine at the University of Illinois

Dr. Waitzkin said many active duty military personnel are making extensive use of private mental health services. He explained that they often do so because they are dissatisfied with the quality of military care and are worried about reprisals from their command. He discussed outside help that is offered by a nationwide civilian network of volunteer mental health professionals.

**Issues covered:**

**Length: 7:33**

**Military Issues  
Mental Health  
Suicide**

**Deondra Rose, PhD**, Assistant Professor of Public Policy and Political Science at Duke University, author of "*Citizens By Degree: Higher Education Policy and the Changing Gender Dynamics of American Citizenship*"

Dr. Rose discussed the striking change in higher education over the past few decades, as women have come to earn college degrees at higher rates than men. She explained the reasons behind the trend, and the broader implications for women and society. She believes it empowers women to become not only more financially independent, but also more socially integrated and more politically engaged. She also discussed the impact of the "#MeToo" movement in the empowerment of women.

**Issues covered:**

**Length: 9:41**

**Women's Issues  
Education  
Sexual Harassment**

**Lang Chen, PhD**, postdoctoral scholar in Psychiatry and Behavioral Sciences at the Stanford University School of Medicine

Dr. Chen was the lead author of a study that identified the brain pathway that links a positive attitude toward math to higher achievement in the subject. He found that a student's attitude is an even a greater factor in their performance in math than IQ. He stressed the importance of parents and teachers, in encouraging students to keep an open mind and a positive attitude.

**Issues covered:**

**Length: 4:51**

**Education  
Parenting**

Show # 2018-12

**Date aired:** 3/25 **Time Aired:** 7:00A

**Missy Cummings, PhD**, Professor in the Duke University Pratt School of Engineering, the Duke Institute of Brain Sciences, Director of the Humans and Autonomy Laboratory and Duke Robotics

A pedestrian fatality involving a driverless Uber car in Arizona has revived debate about whether autonomous vehicles are being put into use prematurely. Dr. Cummings is a robotics expert who believes the technology is not ready for high speed or congested environments. She talked about the design challenges that must be overcome. She said the current system of voluntary safety testing is completely inadequate, and that greater government oversight is needed.

**Issues covered:**

**Length: 9:08**

**Traffic Safety  
Government Regulation  
Technology**

**Marceé White, MD**, Board-Certified Pediatrician, Medical Advisor for Safe Kids Worldwide, Medical Director of the Children's National Mobile Health Program

Accidental medicine poisoning sends a child under 6 to the emergency room every nine minutes, and every 12 days, a child dies. Dr. White outlined most common poisoning scenarios and the steps that parents of small children must take to avoid a tragedy.

**Issues covered:**

**Length: 7:51**

**Child Safety  
Parenting**

**Ana María Rule, PhD, MHS**, Assistant Scientist in Environmental Health and Engineering at Johns Hopkins Bloomberg School of Public Health

Lots of questions still linger about e-cigarettes, including just what users are breathing in when they vape. Dr. Rule led a study that found that the vapors from a variety of devices contain potentially toxic levels of metals, including lead. She explained why teenagers are at a greater risk of the toxins in e-cigarettes than adults.

**Issues covered:**

**Smoking/Vaping**

**Personal Health**

**Length: 4:58**

**Section III  
PUBLIC SERVICE ANNOUNCEMENTS**

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

<b>ISSUE</b>	<b>ORGANIZATION OR TITLE</b>	<b>DURATION</b>	<b>RUNS</b>
Art Show	San Juan College	000:27	023
Art Show	San Juan College	000:28	045
Art Show	San Juan College	000:29	010
Astronomy Night	Farmington Museum	000:28	021
Blindness	National Foundation for Blind	000:31	059
Bullying Prevention	Ad Council	000:30	062
Buzzed Driving Prevention	NHTSA	000:30	059
Buzzed Driving Prevention	NHTSA	001:00	112
Cancer Awareness	Radiological Society	000:30	065
Cancer Awareness	Radiological Society	001:00	115
Cancer Awareness	Sarcoma Foundation of America	000:30	059
Caregiver Assistance	AARP	001:00	111
Child Safety	FEMA	000:15	107
Child Safety	FEMA	000:30	062
Children's Day/Book Day	E3 Children's Museum	000:28	016
Children's Health	Farmington High School	000:28	019
Children's Health	St. Jude Research Hospital	000:29	126
Community Activities	gateway museum	000:29	004
Community Carnival	Farmington Parks & Rec Dept.	000:25	007
COMMUNITY INVOLVEMENT	PEACE IN THE STREETS	000:31	027
couples events	Farmington Parks & Rec Dept.	000:28	006
Dental Health Care	San Juan College	000:27	023
Education	albuquerque teachers fed	000:29	004
Education	San Juan College	000:26	027
Education	San Juan College	000:27	020

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Education	San Juan College	000:28	023
Family Activities	farmington rec center	000:25	008
Family Activities	Sycamore Park Community Cente	000:28	008
farmington police	Sycamore Park Community Cente	000:27	007
Fatherhood Involvement	U.S. Health & Human Services	000:30	130
Financial Literacy	AICPA	000:30	005
Financial Literacy	AICPA	000:59	018
Foreign Aid	Doctors Without Borders	001:02	111
Health & Wellness	Farmington Civic Center	000:29	023
Health & Wellness Classes	San Juan Regional Hospital	000:29	004
HEALTH AND FITNESS	American Heart Association	000:29	008
HEALTH AND FITNESS	American Heart Association	000:30	018
Heart Health	San Juan Regional Hospital	000:27	033
Historical Society Meeting	Farmington Museum	000:27	013
Home Safety	FEMA	000:15	011
Job Training & Employment	Goodwill	000:30	024
Job Training & Employment	Goodwill	001:00	048
LAW ENFORCEMENT OFFICERS	DEPTOF HOMELAND SECURITY	000:30	017
Meals On Wheels Recruitment	Meals On Wheels America	000:15	107
Meals On Wheels Recruitment	Meals On Wheels America	000:30	061
Meals On Wheels Recruitment	Meals On Wheels America	001:00	105
Movie/Book Event	little theatre	000:29	010
Movie/Book Event	San Juan College	000:29	014
MUSIC	aztec theater center	000:25	018
Nature Walk	Riverside Nature Center	000:26	014
Orchestra Concert	San Juan College	000:28	010
Pathways To Employment	Year Up	000:30	087
psa	DEPT OF HOMELAND SECURITY	000:30	016
Recycling	Keep America Beautiful	000:20	103

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Seat Belt Safety	NHTSA	000:30	046
Seat Belt Safety	NHTSA	001:00	085
Senior Olympics	Bonnie Dallas Senior Center	000:29	013
Shelter Pet Adoption	Humane Society of U S	000:15	113
Shelter Pet Adoption	Humane Society of U S	000:30	037
Shelter Pet Adoption	Humane Society of U S	001:00	120
Stroke Awareness	american heart assoc	000:30	059
Teacher Recruitment	TEACH	000:30	054
Teacher Recruitment	TEACH	001:00	116
Theater Ensenble Arts	Theater Ensemble Arts	000:26	043
Theater Ensenble Arts	Theater Ensemble Arts	000:27	019
Theater Ensenble Arts	Theater Ensemble Arts	000:28	022
Type 2 Diabetes Prevention	American Diabetes Association	000:30	014
Type 2 Diabetes Prevention	American Diabetes Association	001:00	033
Underage Drinking	NHTSA	000:15	048
us marines	U.S. Marine Corps	000:15	114
Veterans Aid	Wounded Warrior Project	001:00	112

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