

KCQL
Farmington, NM
Quarterly Issues/Programs List
First Quarter, 2016
03/30/2016

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:

- **Animal Care and Control/Public Safety:** Stacie Voss of the Farmington Regional Animal Shelter discussed the problems associated with the overpopulation of animals in the area, and the upcoming Spay/Neuter Day Project sponsored by the shelter. The event is aimed at helping educate the local population and provide a spay/neuter program to try to control pet population prior to the spring mating season. Also discussed the ease of pet adoption at the shelter, how to pick a good match for you and your home and family, and the costs and care involved in pet ownership.
- **Art/Communication/Film/Fine Arts:** Durango Film Festival is a non-profit organization that hosts a yearly independent film festival, featuring films from around the United States and the world. Animation, shorts, documentaries, biographies, feature length and more bring the magic of film right into a sleepy mountain town. Film makers hold court at viewings, answering questions and explaining what it is that drives them to this medium. For a week at least, Durango is Park City & Cannes rolled into one, as film lovers stream into Durango to see movies that could be true gems hiding in plain sight.
- **Arts/Education:** In conjunction with the presentation of world renowned photographer Ansel Adams' Masterworks Collection on display, Bart Wilsey, director of the Farmington Museum at Gateway Park spoke about the digital photography workshops that are also being held at the museum. Along with a special guided tour of the Ansel Adams collection, students are taught how to more effectively use their digital cameras and even phone cameras to take better pictures, and explain what all those buttons do.
- **Child and Adult Education/Community Outreach:** Lucy Heber from San Juan College was our guest this week. She spoke about San Juan College and its upcoming 60th Anniversary celebration. Discussion centered around the history of the school, from its humble beginnings to it becoming a big sense of pride for the community, and a source of national attention for the continued excellence of the programs available. We also discussed registration for the "Kids Kollege" program, that features an array of learning vehicles for the youth in our community--from robotics to video game design, Kids Kollege offers many courses

to open young minds to a hand-on type of learning.

- **Children's Issues/Education/Activities:** Discussion centered around the impact that the Sycamore Park Community Center has had on the community as a whole. The center has after-school programs for kids, including homework help, computer bank, arts and crafts and physical activities such as basketball and dodgeball. Talked about how Tweens and Teens are becoming more integrated into programs at the center. Promoted upcoming events including the Daddy Daughter Ball, a very popular event where fathers take their daughters to the center for a dance.
- **Civic Pride/Recycling/Environment:** Discussion centered on efforts to keep the community looking Clean & Beautiful-to improve lifestyles and attract business, tourism and new residents. Events discussed included free Christmas tree chipping/recycling, dumpster weekends to collect old electronics, appliances and hazardous materials, lawn and yard clippings, cleaning of recreational areas and day to day recycling. Also talked about presentations that are given at local schools and with civic groups.
- **Education/Family:** Discussion about FAN, Family Astronomy Night, a family night of learning and exploring at the Farmington Museum. It promotes interest in space exploration and science with hands on learning about things like spacecraft, astronaut pilots, space food and the heavens. Also includes a stargaze, where families can examine the skies and identify the stars and planets through the telescope.
- **Employment/Education:** Discussion with Alicia Middleton, Director of San Juan College's Office of Quality Improvement and Career Center. Show focused on the center itself and the services provided for students, alumni and the public. Topics included were how to reach a higher level in life through training and workshops related to subjects like resume writing, nailing the interview, dress and presentation, and more. Talk also focused on an upcoming job fair at San Juan College, which will offer many job opportunities and networking possibilities.
- **Health/Education/Senior Care:** Discussion centered on the introduction of a series of classes being offered toward helping those with chronic conditions live a better life. Manage Your Chronic Disease is a series of six workshops, each dedicated to different challenges facing those in the community that suffer from chronic disease, such as Diabetes, High Blood Pressure, Obesity, Mental Health, Allergies and more. Discussion pointed out how numerous and diverse chronic issues are, plus an invitation to listeners to attend the classes that are currently in session, or to sign up in advance for classes that start in April.
- **Health/Fitness:** Discussion centered on Fit4Ever, a new program available to members of the community through the workplace or privately, that seeks to improve all parts of a persons health, fitness and well-being. The program involves counselors, nutritionists and personal trainers, each tasked with helping clients to reach their overall goal by performing in their own discipline. All parts of the program are made with each member of the community in mind, thus receiving a custom overall fitness program which in turn should provide

a better chance of completion and results.

- **Healthcare/Government:** Veronica Reyes of Be Well New Mexico was our guest this week to discuss BeWellNM.com, the state of New Mexico's exchange for the Affordable Care Act and all of its products. Very important to our area, due to the high unemployment figures, she talked about the fact that in special circumstances, including losing a job, having a child, etc., the exchange still has enrollment available to those people. Also, we invited listeners to go to the website with any questions, and alerted listeners to the location and telephone numbers of the local office.
- **Housing/Volunteerism:** Discussion centered around the local chapter of Habitat For Humanity, the national non-profit dedicated to giving a hand up to families in need of a safe, secure home. The family invests in 'sweat' equity on the project by participating in the home build itself. At the end of the project, the family is given the keys to the home. They are responsible for a small mortgage, and the upkeep of the home. We also discussed the new location of the local HFH Store, what you can find for sale there, and how to donate items. The audience also learned how to volunteer on the home builds.
- **Public Safety/Community Involvement/Volunteerism:** Discussion centered on the need for community groups to bring neighbors and neighborhoods together in positive ways. In Aztec, groups are being created to watch over neighbors, to put together, organize and schedule events to create good will between members of the community via these scheduled and non-scheduled events, such as flash mobs and takeovers. Program also informed the public of an upcoming fundraiser, Steam Punk Gathering.

**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
Civic Pride/Recycling/Environment	Four Corners Focus/Farmington Clean & Beautiful	Discussion centered on efforts to keep the community looking Clean & Beautiful-to improve lifestyles and attract business, tourism and new residents. Events	Debbie Homer	01/03/2016 07:27 AM	029:26

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		discussed included free Christmas tree chipping/recycling, dumpster weekends to collect old electronics, appliances and hazardous materials, lawn and yard clippings, cleaning of recreational areas and day to day recycling. Also talked about presentations that are given at local schools and with civic groups.			
Health/Education/Senior Care	Four Corners Focus/Manage Your Chronic Disease	Discussion centered on the introduction of a series of classes being offered toward helping those with chronic conditions live a better life. Manage Your Chronic Disease is a series of six workshops, each dedicated to different challenges facing those in the community that suffer from chronic disease, such as Diabetes, High Blood Pressure, Obesity, Mental Health, Allergies and more. Discussion pointed out how numerous and	Lauren Sipe/Iva Francisco	01/10/2016 07:27 AM	029:44

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		diverse chronic issues are, plus an invitation to listeners to attend the classes that are currently in session, or to sign up in advance for classes that start in April.			
Housing/Volunteerism	Four Corners Focus/Habitat For Humanity	Discussion centered around the local chapter of Habitat For Humanity, the national non-profit dedicated to giving a hand up to families in need of a safe, secure home. The family invests in 'sweat' equity on the project by participating in the home build itself. At the end of the project, the family is given the keys to the home. They are responsible for a small mortgage, and the upkeep of the home. We also discussed the new location of the local HFH Store, what you can find for sale there, and how to donate items. The audience also learned how to volunteer on the home builds.	Daniel Evans	01/17/2016 07:27 AM	029:44
Education/Family	Four Corners Focus/PRC/Family Astronomy Night	Discussion about FAN, Family Astronomy Night, a family	Cherie Powell	01/24/2016 07:29 AM	030:12

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>night of learning and exploring at the Farmington Museum. It promotes interest in space exploration and science with hands on learning about things like spacecraft, astronaut pilots, space food and the heavens. Also includes a stargaze, where families can examine the skies and identify the stars and planets through the telescope.</p>			
Public Safety/Community Involvement/Volunteerism	Four Corners Focus/Good Neighbors Program	<p>Discussion centered on the need for community groups to bring neighbors and neighborhoods together in positive ways. In Aztec, groups are being created to watch over neighbors, to put together, organize and schedule events to create good will between members of the community via these scheduled and non-scheduled events, such as flash mobs and takeovers. Program also informed the public of an upcoming</p>	Cindy Iacovetto	01/31/2016 07:29 AM	030:16

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		fundraiser, Steam Punk Gathering.			
Children's Issues/Education/Activities	Four Corners Focus/Sycamore Park Community Center	Discussion centered around the impact that the Sycamore Park Community Center has had on the community as a whole. The center has after-school programs for kids, including homework help, computer bank, arts and crafts and physical activities such as basketball and dodgeball. Talked about how Tweens and Teens are becoming more integrated into programs at the center. Promoted upcoming events including the Daddy Daughter Ball, a very popular event where fathers take their daughters to the center for a dance.	Natalie Spruell	02/07/2016 07:30 AM	029:06
Animal Care and Control/Public Safety	Four Corners Focus/Regional Animal Shelter	Stacie Voss of the Farmington Regional Animal Shelter discussed the problems associated with the overpopulation of animals in the area, and the upcoming Spay/Neuter Day	Stacie Voss	02/14/2016 07:31 AM	028:24

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>Project sponsored by the shelter. The event is aimed at helping educate the local population and provide a spay/neuter program to try to control pet population prior to the spring mating season. Also discussed the ease of pet adoption at the shelter, how to pick a good match for you and your home and family, and the costs and care involved in pet ownership.</p>			
Arts/Education	<p>Four Corners Focus/Farmington Museum at Gateway Park</p>	<p>In conjunction with the presentation of world renowned photographer Ansel Adams' Masterworks Collection on display, Bart Wilsey, director of the Farmington Museum at Gateway Park spoke about the digital photography workshops that are also being held at the museum. Along with a special guided tour of the Ansel Adams collection, students are taught how to more effectively</p>	Bart Wilsey	<p>02/21/2016 07:30 AM</p>	029:27

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		use their digital cameras and even phone cameras to take better pictures, and explain what all those buttons do.			
Art/Communication/Film/Fine Arts	Four Corners Focus/Durango Film Festival	Durango Film Festival is a non-profit organization that hosts a yearly independent film festival, featuring films from around the United States and the world. Animation, shorts, documentaries, biographies, feature length and more bring the magic of film right into a sleepy mountain town. Film makers hold court at viewings, answering questions and explaining what it is that drives them to this medium. For a week at least, Durango is Park City & Cannes rolled into one, as film lovers stream into Durango to see movies that could be true gems hiding in plain sight.	Joanie Fraughton-Executive Director	02/28/2016 07:29 AM	030:01
Health/Fitness	Four Corners Focus/Fit4Ever	Discussion centered on Fit4Ever, a new program available	Kami Calder/Melissa Miller	03/06/2016 07:42 AM	031:12

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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to members of the community through the workplace or privately, that seeks to improve all parts of a persons health, fitness and well-being. The program involves counselors, nutritionists and personal trainers, each tasked with helping clients to reach their overall goal by performing in their own discipline. All parts of the program are made with each member of the community in mind, thus receiving a custom overall fitness program which in turn should provide a better chance of completion and results.

Employment/Education	Four Corners Focus/San Juan College Job Fair	Discussion with Alicia Middleton, Director of San Juan College's Office of Quality Improvement and Career Center. Show focused on the center itself and the services provided for students, alumni and the public. Topics included were how to reach a higher	Alicia Middleton	03/13/2016 07:31 AM	028:28
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>level in life through training and workshops related to subjects like resume writing, nailing the interview, dress and presentation, and more. Talk also focused on an upcoming job fair at San Juan College, which will offer many job opportunities and networking possibilities.</p>			
Healthcare/Government	<p>Four Corners Focus/BE WELL NM.COM</p>	<p>Veronica Reyes of Be Well New Mexico was our guest this week to discuss BeWellNM.com, the state of New Mexico's exchange for the Affordable Care Act and all of its products. Very important to our area, due to the high unemployment figures, she talked about the fact that in special circumstances, including losing a job, having a child, etc., the exchange still has enrollment available to those people. Also, we invited listeners to go to the website with any questions, and alerted listeners</p>	<p>Veronica Reyes</p>	<p>03/20/2016 07:30 AM</p>	<p>029:24</p>

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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to the location and telephone numbers of the local office.

Child and Adult Education/Community Outreach	Four Corners Focus/SJC Birthday & Kids Kollege	<p>Lucy Heber from San Juan College was our guest this week. She spoke about San Juan College and its upcoming 60th Anniversary celebration. Discussion centered around the history of the school, from its humble beginnings to it becoming a big sense of pride for the community, and a source of national attention for the continued excellence of the programs available. We also discussed registration for the "Kids Kollege" program, that features an array of learning vehicles for the youth in our community--- from robotics to video game design, Kids Kollege offers many courses to open young minds to a hand-on type of learning.</p>	Lucy Heber	03/27/2016 07:28 AM	030:35
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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-AM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2016

Show # 2016-01

Date aired: 1/3/16 Time Aired: 7:00A

John A. Eterno, Ph.D., Professor, Associate Dean and Director of Graduate Studies in Criminal Justice at Molloy College, former Captain with the New York City Police Department, co-author of *"The Crime Numbers Game: Management by Manipulation"*

Dr. Eterno conducted the first scientific examination of crime statistics manipulation in the New York City Police Department. He explained how increasing pressure to show decreasing crime rates by any means necessary has affected police departments throughout the United States. He discussed how this affects crime victims and explained what citizens can do, to ensure that their local police department is reporting crime statistics in an honest manner.

Issues covered: Length: 8:47
Crime
Government Policies

Kristen Copeland, MD, Assistant Professor of Pediatrics at Cincinnati Children's Hospital Medical Center

75% of young children in the US are in some form of pre-school or daycare outside the home. Dr. Copeland conducted a study that found that most children in daycare get far too little exercise. She explained the reasons behind this trend and why parents should be concerned. She outlined the types of questions parents should ask when they are looking for a pre-school or daycare center.

Issues covered: Length: 8:24
Children's Health
Parenting
Education

Phil Reed, Senior Consumer Advice Editor at Edmunds.com

Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

Issues covered: Length: 4:52
Environment
Consumer Matters

Show # 2016-02

Date aired: 1/10/16 Time Aired: 7:00A

Jane Bryant Quinn, personal finance journalist, syndicated columnist, author of "*How To Make Your Money Last: The Indispensable Retirement Guide*"

Even with her decades of experience in the field, Ms. Quinn found planning her own retirement overwhelming, so she set out to find answers. She explained how to determine how much money may be needed for retirement, how to greatly simplify investment decisions, and why communication between a husband and wife is so important in retirement planning.

Issues covered:

Length: 9:06

Retirement Planning
Personal Finance

Kate Carr, President and CEO of Safe Kids Worldwide, a nonprofit organization working to prevent childhood injury

Last year, more than six million car seats were recalled for a safety defect, yet fewer than half of them were fixed. Ms. Carr outlined her organization's concerns and explained why so many recalled car seats were not repaired. She noted that 80 percent of parents believe car seat registration cards are important, but only 42 percent return the card.

Issues covered:

Length: 8:14

Children's Health
Parenting

Roger Beckett, Executive Director of the Ashbrook Center at Ashland University, Ashland, Ohio

For years, the teaching of history and civics has taken a back seat to STEM (science, technology, engineering, math) education. Testing has found that only 18 percent of 8th graders are deemed "proficient" or better in history; only 23 percent in civics or government. Mr. Beckett explained why he believes the founding documents of our country should be essential reading for every American, especially students.

Issues covered:

Length: 5:04

Education
Government Policies

Show # 2016-03

Date aired: 1/17/16 Time Aired: 7:00A

Stephen Kohn, attorney, Executive Director of the National Whistleblower Center, author of "*The Whistleblower's Handbook: A Step-By-Step Guide To Doing What's Right And Protecting Yourself*"

Every year, criminals and fraudsters rip off the federal government by committing tax fraud—stealing billions of taxpayer dollars in the process. However, it's becoming much more difficult to do so, thanks to a massive increase in whistleblower disclosures. Mr. Kohn discussed recent changes in laws that have made it much easier to report wrongdoing. He also explained what steps to take to weigh the plusses and minuses of blowing the whistle.

Issues covered:

Length: 8:53

Whistleblowing
Crime
Government Regulations

Mary Norris, longtime copy editor at "The New Yorker," author of "*Between You & Me: Confessions of a Comma Queen*"

Ms. Norris discussed the most common mistakes in spelling, punctuation and word usage, and why it is so important. She explained how new technologies and changes in our nation's education system have made proper grammar less "cool."

Issues covered:

Length: 8:21

Education
Career

Kevin Fiscella, MD, MPH, Associate Professor of Family Medicine and Community & Preventive Medicine at the University of Rochester School of Medicine & Dentistry

Dr. Fiscella discussed his groundbreaking research that found that the lives of nearly 8,000 black Americans could be saved each year if doctors could figure out a way to bring their average blood pressure down to the average level of whites. He talked about the reasons behind the gap between the races in controlling blood pressure, and the possible ways to reduce that gap.

Issues covered:

Length: 4:54

Personal Health
Minority Concerns

Show # 2016-04

Date aired: 1/24/16 Time Aired: 7:00a

Maria Konnikova, journalist, psychologist, author of "*The Confidence Game: Why We Fall for It . . . Every Time*"

Ms. Konnikova explained how the world's most talented con men can so easily use persuasion and exploit trust to swindle even the most cautious consumers. She said human beings are hardwired to believe, no matter how educated they are about scams and ripoffs. She talked about the most common methods used by crooks to lure their victims in.

Issues covered:

Length: 9:04

Crime
Consumer Matters

Elizabeth Levy Paluck, PhD, Associate Professor of Psychology and Public Affairs at the Woodrow Wilson School of Public and International Affairs at Princeton University

Curbing bullying has long been a focal point for parents and schools, but Dr. Levy Paluck found that the answer may not lie within rules set by adults. Her team of researchers from Princeton, Rutgers and Yale found that students themselves, particularly those most connected to their peers, were able to reduce and resolve conflicts 30% more effectively than traditional methods used by adults.

Issues covered:

Length: 7:51

Bullying
Youth at Risk

Alex Hutchinson, PhD, contributing editor at Popular Mechanics magazine, author of "*Big Ideas: 100 Modern Inventions That Transformed Our World*"

Mr. Hutchinson consulted 25 experts at 17 museums and universities to determine the 100 greatest inventions of the modern era. He talked about the long-term trends of scientific research and government's role in it.

Issues covered:

Science
Government Spending

Length: 5:02

Show # 2016-05

Date aired: 1/31/16 Time Aired: 7:00A

Susan B. Roberts, Ph.D., Director of the Energy Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston

Most people think of fast food when they imagine the unhealthy effects of eating out. Dr. Roberts led a study that found that 92 percent of meals from both large-chain and non-chain local restaurants exceeded recommended calorie requirements for a single meal. She explained how to keep tabs on restaurant portion sizes and calorie information. She proposed local legislation to require restaurants to offer partial portions at partial prices.

Issues covered:

Nutrition
Personal Health
Consumer Matters
Government Regulations

Length: 8:31

Marc Goodman, law enforcement and counterterrorism expert, author of "*Future Crimes: Inside the Digital Underground and the Battle for Our Connected World*"

Technology has improved our lives immeasurably, but Mr. Goodman said that a new tidal wave of tech advancements—from implantable medical devices to drones to WiFi thermostats—are all susceptible to hacking, with disastrous consequences. He explained some of the greatest concerns for the average consumer and how to attempt to keep devices secure.

Issues covered:

Crime
Online Security

Length: 8:45

Sissy Lappin, veteran real estate agent, author of "*Simple and Sold: Sell Your House Fast and Keep the Commission*"

Selling a house can be expensive. Ms. Lappin said that sales commissions typically devour 40-60% of a home seller's equity. However, she believes that the Internet has made it far easier for a property owner to take control of their own home-selling process and save money. She outlined the basic steps and common pitfalls.

Issues covered:

Consumer Matters
Personal Finance

Length: 4:57

Show # 2016-06

Date aired: 2/17/16 Time Aired: 7:00A

Brandi Britton, District President of Office Team, a staffing service providing temporary administrative and office support staff

Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

Issues covered:

Length: 7:28

Employment
Career
Social Media

Jennifer Bradley, co-author of "Make it Zero: The Movement to Safeguard Every Child"

Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

Issues covered:

Length: 9:43

Human Trafficking
Child Abuse
Poverty

Richard Thaler, PhD, Professor of Behavioral Science and Economics at the University of Chicago Booth School of Business, President of the American Economic Association

Prof. Thaler discussed what happens when economics meets psychology and how irrational human beings greatly influence the US and world economies. He explained how research is in progress to understand human miscalculations, with the goal of developing better decision making in business, government and life in general.

Issues covered:

Length: 4:49

Economics
Consumer Matters
Mental Health

Show # 2016-07

Date aired: 2/14/16 Time Aired: 7:00A

Jamie Cooper, Associate Professor in the University of Georgia Department of Foods and Nutrition

Prof. Cooper led a study that found that vacations often lead to small amounts of long-term gradual weight gain and contribute to 'creeping obesity'. She talked about the primary causes of weight gain during vacations and explained why it's important to lose the added weight as soon as possible upon returning from a trip.

Issues covered:

**Personal Health
Obesity**

Length: 9:31

R. Douglas Fields, PhD, Chief of the Section on Nervous System Development and Plasticity at the National Institute of Child Health and Human Development, a part of the National Institutes of Health, Adjunct Professor in the Neuroscience and Cognitive Science Program at the University of Maryland, College Park, author of "*Why We Snap: Understanding the Rage Circuit in Your Brain*"

Today's headlines are filled with examples of otherwise rational people with no history of violence or mental illness who suddenly snap in a domestic dispute, an altercation with police, or road rage attack. Dr. Fields explained the reasons behind these seemingly random episodes. He said every human has been hardwired with the potential to snap. He also said the same pathway in the brain that can result in a violent outburst can also enable us to act heroically and altruistically before our conscious brain knows what we are doing.

Issues covered:

**Mental Health
Domestic Violence**

Length: 7:46

Thomas Nassif, Ph.D., Professorial Lecturer in American University's Department of Health Studies, researcher at the D.C. Veterans Affairs Medical Center

U.S. veterans often return home with multiple types of trauma, and suffer from one of the highest rates of chronic pain of any population in the U.S. Dr. Nassif led a study that found that veterans who practiced meditation reported a 20 percent reduction in pain intensity, and in how pain interferes with everyday aspects of life, such as sleep, mood, and activity level.

Issues covered:

**Military Affairs
Mental Health
Personal Health**

Length: 4:46

Show # 2016-08

Date aired: 2/21/16 Time Aired: 7:00A

Rashmi Shetgiri, MD, Assistant Professor of Pediatrics, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

Dr. Shetgiri led a study of what factors influence teens to get involved with weapons. She said emotional distress and substance abuse both increase the odds for white, black and Hispanic youth to carry or use a gun or knife. She also discussed the importance of parents and positive role models in the prevention of youth violence.

Issues covered:

**Youth Violence
Youth at Risk
Minority Concerns**

Length: 7:47

Harold Pollack, PhD, Helen Ross Professor of Social Service Administration at the University of Chicago, where he researches health and urban policy concerns, nonresident fellow at the Century Foundation, co-author of "*The Index Card: Why Personal Finance Doesn't Have to Be Complicated*"

Dr. Pollack believes that everything Americans need to know about managing their money could fit on a single index card. He explained why his nine simple rules outperform more complicated financial strategies. He also discussed the most responsible way to select a financial advisor and why he felt one of his most important rules should be to support the nation's social safety net.

Issues covered:

Personal Finance
Charitable Contributions

Length: 9:33

Maria Corkern, reading specialist, teacher, author of "*Doris Thesaurus*"

Recent studies have found that since 1950, the average teenager's vocabulary has dropped from 25,000 words to only 10,000. Ms. Corkern said that a limited vocabulary translates into a reduced ability to think critically and communicate effectively, which results poor educational performance. She offered suggestions for parents on how to help a child improve his vocabulary.

Issues covered:

Education
Teen Concerns
Youth at Risk

Length: 5:02

Show # 2016-09

Date aired: 2/28/16 Time Aired: 7:00A

Katy J. Harriger, PhD, Chair and Professor, Department of Politics and International Affairs at Wake Forest University

Our nation's political climate is more polarized than ever, and voter turnout among young people is abysmal. But Dr. Harringer led a study that found that learning to talk about controversial issues while in college can inspire young adults to be more engaged citizens even ten years later. She explained what the students were taught and how it could be applied to voters of any age.

Issues covered:

Civic Participation
Voting
Youth Concerns

Length: 8:34

Matt Schulz, Senior Industry Analyst at CreditCards.com

25 million credit cardholders haven't changed their go-to credit card in at least ten years. Mr. Schultz said that people are missing many rewards because card issuers are hotly competing for new customers and giving big sign-up bonuses. He outlined some of the methods savvy consumers use to get the most out of their credit cards. He also explained why many consumers are reluctant to switch cards.

Issues covered:

Personal Finance
Consumer Matters

Length: 8:27

Phil Reed, Senior Consumer Advice Editor at Edmunds.com

Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

Issues covered:
Environment
Consumer Matters

Length: 4:52

Show # 2016-10

Date aired: 3/6/16 Time Aired: 7:00A

Patty Ann Tublin, PhD, author of "*Money Can Buy You Happiness: Secrets Women Need to Know To Get Paid What They Are Worth!*"

Dr. Tublin outlined ways women can close the gender wage gap and negotiate their true worth at work. She explained why women have a harder time accepting the emotional and financial value of money, and how to change that attitude. She also offered suggestions for women who would like to determine what the appropriate pay range is for a particular job.

Issues covered:
Women's Issues
Career

Length: 7:08

Henry S. Gornbein, attorney, author of "*Divorce Demystified: Everything You Need to Know Before You File for Divorce*"

Mr. Gornbein said next to the death of a loved one, divorce is one of the most traumatic of life's experiences. He discussed the sometimes complicated steps to take when deciding whether to proceed with a divorce. He talked about the significant ways divorce has changed in recent years, including the surprising influence of social media and changes in child custody arrangements.

Issues covered:
Legal Matters
Marriage
Parenting

Length: 9:57

Jerry Brewer, MD, dermatologist and researcher at the Mayo Clinic

Dr. Brewer led a study that found that the risk of developing the most dangerous type of skin cancer is now more than six times higher among young adults than it was 40 years ago. He talked about the likely reasons behind this trend and why women under age 40 may be especially vulnerable.

Issues covered:
Cancer
Personal Health

Length: 4:51

Show # 2016-11

Date aired: 3/13/16 Time Aired: 7:00A

Brian Fleming, combat veteran, co-author of "*Redeployed: How Combat Veterans Can Fight the Battle Within and Win the War at Home*"

Mr. Fleming discussed Post Traumatic Stress Disorder and other difficulties faces by combat veterans and their families. He noted that the suicide rate among veterans under the age of 30 has risen by 44% in the past several years. He said no one prepares veterans to successfully make the transition back home. He offered strategies for both vets and their families who are struggling with a return to civilian life.

Issues covered:

**Military Families Issues
Government Policies
Mental Health**

Length: 9:16

Bradley F. Bale, MD, heart attack and stroke prevention specialist, Medical Director of the Heart Health Program for Grace Clinic, Lubbock, TX, author of "*Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes*"

Heart disease affects 81 million Americans and is the culprit in one of every two deaths in the United States. Dr. Bale said most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. He outlined some relatively inexpensive lab tests than can uncover arterial inflammation and its underlying causes. He also talked about the importance of simple changes in lifestyle that can dramatically cut the risk of heart attack and stroke.

Issues covered:

Personal Health

Length: 9:16

Alfie Kohn, education watchdog, author of "*The Homework Myth: Why Our Kids Get Too Much of a Bad Thing*"

Mr. Kohn shared results of a study that found that more homework is being assigned to younger students each school year. He believes that homework provides no benefits in elementary school. He explained why homework is still so widely accepted, despite evidence against it.

Issues covered:

**Education
Government Policies
Children's Issues**

Length: 4:37

Show # 2016-12

Date aired: 3/20/16 Time Aired: 7:00A

Richard Retting, MS, FITE, transportation consultant for the Governors Highway Safety Association

Pedestrian fatalities in the U.S. jumped last year, the largest annual increase ever measured. Mr. Retting said numerous factors may have contributed to the spike, including an increase in the number of miles driven, alcohol consumption, and the growing use of cell phones among walkers and drivers. He believes states and localities can apply the right mix of engineering, education and enforcement to counteract this troubling trend.

Issues covered:

Traffic Safety
Government

Length: 7:09

Brandon L. Alderman, PhD, Assistant Professor of Exercise Science and Sport Studies, Director of the Exercise Psychophysiology Lab at Rutgers University

Dr. Alderman led a study that examined whether a combination of activities can effectively treat depression. Participants who were asked to meditate for 30 minutes before exercising for 30 minutes twice a week had 40 percent less depressive symptoms than they did before the study began. He explained the likely reasons behind these results. He said that even study participants who were not depressed received noticeable benefits.

Issues covered:

Mental Health
Personal Health

Length: 10:08

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:

Horticulture
Education
Career

Length: 5:03

Show # 2016-13

Date aired: 3/27/16 Time Aired: 7:00A

Michael J. Blaha, MD, MPH, Preventive Cardiologist, Director of Clinical Research at the Ciccarone Center for the Prevention of Heart Disease at Johns Hopkins Hospital

Dr. Blaha recently led a study that suggests that people who exercise habitually are more likely to survive their first heart attack. He discussed the wide-ranging benefits of exercise and how much is enough. He said even older people can get in shape and get the heart-protective benefits of physical activity. He also offered ideas for how to get started.

Issues covered:

Personal Health
Senior Citizens

Length: 9:03

Janette Sadik-Khan, transportation and urban transformation expert, former transportation commissioner of New York City, author of "Streetfight: Handbook for an Urban Revolution"

Ms. Sadik-Khan discussed the importance of incorporating innovative transportation plans into modern urban environments. She explained how cities can add protected bike paths, improve crosswalk space, and provide visual cues to reduce speeding. She said redesigning streets can reduce congestion and increase foot traffic, which often improves the bottom line of local businesses.

Issues covered:
Urban Planning
Public Transportation

Length: 8:16

Jason R. Wiles, PhD, Associate Professor, Biology, Syracuse University

Dr. Wiles led a study that found that minority college students learn many science, technology, engineering, and mathematics lessons more effectively when they are taught by a recent minority student, rather than a traditional classroom instructor. He explained why STEM subjects are so important for today's students, and the possible reasons why this alternative method of teaching works so well.

Issues covered:
Education
Minority Concerns

Length: 5:05

**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	Ad Council	001:00	018
Adoption/Foster Care	Childhaven	000:19	048
Adoption/Foster Care	U.S. Health & Human Services	000:30	021
Animal Welfare	Farmington Animal Shelter	000:17	021
Arts, Community Activities	Riverside Nature Center	000:15	062
Bullying	National Education Assoc NM	000:29	029
Caregiver Assistance	AARP	000:58	031
Child Mentoring	Big Brothers/Big Sisters	000:31	083
Child Mentoring	Farmington Boys & Girls Club	000:15	045
Child Safety	NHTSA	000:30	019
Child Safety	NHTSA	001:00	022
Children's Dental Health	Ad Council	001:00	032
Children's Health	Save the Children	000:30	026
Children's Health	St. Jude Research Hospital	000:14	050
Children's Health	St. Jude Research Hospital	000:59	028
Children's Health	United Way	000:15	027
Children's Services	Make-A-Wish	001:00	030
Community Activities	Sycamore Park Community Cente	000:15	027
Community Activities	Sycamore Park Community Cente	000:17	031
COMMUNITY INVOLVEMENT	United Way	000:30	033
COMMUNITY INVOLVEMENT	United Way	001:00	036
Crime Prevention	Dept. of Homeland Security	000:14	044
Disability Resources	U.S. Health & Human Services	000:59	039
Disability Services	U.S. Health & Human Services	000:59	032
Domestic violence	Ad Council	000:30	031

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Driving Safety	NHTSA	000:15	029
Driving Safety	NHTSA	000:30	033
Education	Ad Council	000:15	058
Education	Ad Council	001:00	018
Education	National Education Assoc NM	000:59	030
Education	San Juan College	000:26	035
Education	San Juan College Planetarium	000:19	012
Emergency Preparedness	Ad Council	000:15	034
Employment	NM Workforce Connection	000:23	029
Employment	San Juan College	000:19	018
Enviornment	Farmington Clean & Beautiful	000:23	024
Enviornment	U.S. Forest Service	000:10	005
Fatherhood Involvement	U.S. Health & Human Services	000:30	031
Fatherhood Involvement	U.S. Health & Human Services	001:00	029
Financial Literacy	Ad Council	000:15	027
Financial Literacy	Ad Council	000:30	019
Financial Literacy	Ad Council	001:00	015
Financial Mortgage Help	Ad Council	000:15	029
Financial Mortgage Help	HUD	000:30	015
Health Care	Ad Council	000:15	031
Health Care	Ad Council	001:00	014
Health Care	American Family Physicians	000:21	034
Health Care	american heart assoc	001:00	017
Health Care	Radiological Society	000:15	050
Health Care	Radiological Society	000:30	058
Health Care	Radiological Society	001:00	031
Health Care	San Juan Regional Hospital	000:18	017
Health Care	U.S. Department of Health	000:20	033
Health Fair	Farmington Chamber of Commere	000:16	053

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
History/Culture	Farmington Museum	000:18	028
History/Culture	Farmington Museum	000:24	025
HOMELAND SECURITY	Dept. of Homeland Security	001:00	013
Human Trafficking	Dept. of Homeland Security	000:15	024
Hunger Prevention	Feeding America	000:30	033
Hunger Prevention	Feeding America	001:00	054
Hunger Prevention	Food Bank of America	001:00	012
Job Training	Ad Council	000:15	037
Job Training	Ad Council	000:30	021
Job Training	Goodwill	001:01	021
Literacy	Ad Council	001:00	016
Literacy	Reading Is Fundamental	000:30	025
Lyme Disease Prevention	NatCapLyme Association	001:02	022
MILITARY AND VETERANS	DIBBLE VETERANS	000:30	013
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	017
PEACE	PEACE IN THE STREETS	000:31	002
PEACE	PEACE IN THE STREETS	000:32	005
Pest Management	National Pest Management	000:30	065
Pest Management	National Pest Management	001:00	032
Recycling	Keep America Beautiful	000:20	021
Shelter Pet Adoption	Shelter Pet Project	000:30	028
Stroke Awareness	American Stroke Association	001:01	011
Texting & Driving	National Traffic Safety Admin	000:30	028
Theater Arts	San Juan College Theater	000:17	042
Theater Arts	San Juan College Theater	000:21	035
Theater Arts	Theater Ensemble Arts	000:18	012
Tobacco	Youth Leadership Council	000:30	054
us marines	U.S. Marine Corps	000:16	047
us marines	U.S. Marine Corps	000:30	032

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Veterans Aid	Paralyzed Veterans of America	000:15	046
Veterans Aid	Paralyzed Veterans of America	000:20	041
Veterans Aid	Wounded Warrior Project	000:30	036
Veterans Aid	Wounded Warrior Project	001:00	033
Veterans Services	iHeartMedia	000:30	017
Veterans Services	Veterans of America	000:20	037