

KCQL
Farmington, NM
Quarterly Issues/Programs List
Second Quarter, 2016
06/29/2016

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:

- **City Government/Management:** In direct response to an article in USA Today proclaiming Farmington, NM the "Fastest Dying City" in America, City Manager Rob Mayes came on the show to discuss the truth behind that wide sweeping statement, and to provide a more realistic look at some of the facts, including: measurement used in the study was focused on a very large population, approximately 330,000 people, when Farmington has only about 40,000 residents. When judged by those numbers alone, Farmington shows slightly off nationwide growth. We also talked about national franchises that are now or very soon building stores and restaurants in Farmington, and the economic sense it makes that business does not build in a 'dying' economy.
- **Cyber Security for Home and Business:** Every day, most everyone uses an electronic device of some sort: cell phones, desktops, laptops, tablets, both at home and at work. This week our show focused on cyber attacks, and how we need to remain vigilant about even the simplest of things: e-mail, messaging, online banking, and more. It has become very easy for hackers to obtain personal information and use it to steal ones identity, after which they can clean out bank accounts, get a mortgage, and worse. Cyber Con is an event being sponsored by the San Juan College Quality Center For Business, and will feature speakers who are experts in the field, including the FBI. With digital commerce being done more and more each day, this information is crucial to the public.
- **Employment/Education:** Dawn Facka of New Mexico Workforce Connection was on the show to discuss the job and employment situation here in San Juan County. Discussion included job loss severely out gaining job creation in the area, and ideas to curb this trend. To help, New Mexico Workforce Connection held a career and job fair at the McGee Park Convention Center, Wednesday April 13, 2016. Over 60 local employers were on hand to take resumes and interview prospective employees. Resume writing and financial literacy workshops were provided, as well as a "Dress For Success" fashion show.
- **Healthcare:** Now in its 3rd year, the Affordable Care Act is helping more and more citizens receive health care every day. Be Well NM is the state's hub for vendors offering health care that citizens can enroll with. CEO Amy Dowd was on the show helping to take away a bit of the

'mystery' surrounding the programs. We directed listeners to seek out BeWellNM.com for answers to questions on subjects like: Do I qualify? Where can I sign up? When is open enrollment? Can I sign up outside of open enrollment? How much does it cost? Why do I have to do this or pay a penalty? All great questions people and small businesses need to ask.

- **Healthcare/Diabetes Education:** In New Mexico, 200,000 people have diabetes. This shocking number and increasing numbers across the United States have triggered a sharp rise in bringing proper care and education about the disease to the forefront. On that note, Presbyterian Medical Services has started a program to specifically focus on the care and education of diabetes. Clients see a nurse practitioner and a community health worker, to learn about the disease and the damage it can cause if not taken care of with medication and exercise. Another major part of the program is counseling. Discussing a person's feelings about the disease and condition has proven to be very therapeutic.
- **Higher Education/Financial Aid:** Darla Santillanes and Greg Garcia of the San Juan College Financial Aid Office were guests this week to discuss financial aid. The dream of a college education is fading due to rising tuition costs at many higher learning institutions. San Juan College will be holding a number of workshops to help both students now enrolled, incoming students and the public to FAFSA, Free Application for Federal Student Aid. FAFSA is a gateway to student loans and grants offered by our government and scholarship foundations. Discussion centered on ways to expose the monies available, and to also empower students to search to the funds available to enrich their education.
- **National Pride Month/Gay Rights:** This week's show dealt with the issue of gay rights. President Obama declared June as National Pride Month, in honor of those fighting for gay rights, and to celebrate the history of the movement. We discussed what each letter of LGBT means: Lesbian-Gay-Bi-Trans to help the audience understand these phrases instead of fearing them. We talked about the North Carolina laws concerning public restrooms and its effects on transsexual rights. And we talked about the efforts locally to deal with prejudice and hate through programs available at Identity Inc., a community center dedicated to the LGBT community. Finally we invited people to attend the Pride Parade to celebrate National Pride Month.
- **Public Lands, Parks, Recreation/Veteran's Affairs:** This week, we talked about Riverfest, an annual Memorial Day Weekend event. Riverfest began as a small event in 1987 for a group of people who found a spot by the Animas River and decided to clean it up, and develop it into a wilderness area. Animas and Berg Park are both part of the area, that provides walking trails, playgrounds for children, a wildlife preserve and more. The parks also contain a memorial park that honors veterans. Riverfest activities include rafting, wiener dog races, live music, a benefit duck race and more-a celebration of the public lands, parks and recreation in the community.
- **Recreation/Volunteerism:** One of the largest, if not the largest event in Farmington every year is the Connie Mack World Series, an international baseball tournament in August that brings 16-18 year old amateur baseball teams to the area to showcase their talents. To host

such a large event, many volunteers are needed, including meters, greeters, concession stand workers, host families and more. Our show focused on the need for volunteers and the roles each volunteer plays. Natalie Spruell coordinates the volunteer effort and asked the community for their support again this year.

- **Senior Citizens/Elderly:** We welcomed former NFL player and current Adult Program Manager for the City Of Farmington, Homer Post, this week. He's been involved in public service since leaving the NFL, from the inner city, to the unique challenges of working in a rural, small town environment. We discussed local food programs, including Meals-On-Wheels, the annual Senior Olympics and the many craft programs offered at the Bonnie Dallas Senior Center. We also discussed the newly re-done yearly flea market, now called "Farmington's Biggest Block Party".
- **Services For The Disabled/Volunteerism:** Branda Parker, Executive Director of the San Juan Center For Independence came in to talk about job programs that are available for the developmentally and physically disabled members of the community. The show focused on how successful the programs that are offered, are working a local employers. Discussion also invited members of the community to visit the Center For Independence to see what they do, and possibly volunteer in one of the many programs offered.
- **Veteran's Affairs/Literacy Programs:** Gary Risley joined us to talk about not only the 5th annual Healing Field, but the programs it helps to support in the community. The Field itself stands to honor those who have served others through their sacrifice, be it military, fire, police and other first responders now or in the past. Citizens are encouraged to honor anyone they feel has made an impact in their life with either a flag or dog tag to be in the display, which runs Memorial Day Weekend at the Farmington Boys and Girls Club football field. The proceeds from the event go to many programs helping children at risk in the Farmington community, including reading programs that the Rotary club sponsors.
- **Volunteerism/Education:** Jeremy Jackson, head of volunteer coordination at the Farmington Public Library, was in to tell us about the opportunities available for citizens to volunteer their time in helping with the many programs at the Farmington Public Library. There is a never ending need, so there is something for literally everyone to lend their time to, from re-shelving books, to reading to children, to helping in the computer lab and much more. Discussion also centered on a few of the upcoming events at the library.

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
Services For The Disabled/Volunteerism	Four Corners Focus/SAN JUAN CENTER FOR INDEPENDANCE	<p>Branda Parker, Executive Director of the San Juan Center For Independence came in to talk about job programs that are available for the developmentally and physically disabled members of the community. The show focused on how successful the programs that are offered, are working a local employers. Discussion also invited members of the community to visit the Center For Independence to see what they do, and possibly volunteer in one of the many programs offered.</p>	Branda Parker	04/03/2016 07:30 AM	028:55
Employment/Education	Four Corners Focus/Four Corners Career Expo	<p>Dawn Facka of New Mexico Workforce Connection was on the show to discuss the job and employment situation here in San Juan County. Discussion included job loss severely out gaining job</p>	Dawn Facka	04/10/2016 07:31 AM	028:45

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>creation in the area, and ideas to curb this trend. To help, New Mexico Workforce Connection held a career and job fair at the McGee Park Convention Center, Wednesday April 13, 2016. Over 60 local employers were on hand to take resumes and interview prospective employees. Resume writing and financial literacy workshops were provided, as well as a "Dress For Success" fashion show.</p>			
<p>City Government/Management</p>	<p>Four Corners Focus/Real City Economics</p>	<p>In direct response to an article in USA Today proclaiming Farmington, NM the "Fastest Dying City" in America, City Manager Rob Mayes came on the show to discuss the truth behind that wide sweeping statement, and to provide a more realistic look at some of the facts, including: measurement</p>	<p>Rob Mayes, City Manager</p>	<p>04/17/2016 07:29 AM</p>	<p>029:48</p>

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>used in the study was focused on a very large population, approximately 330,000 people, when Farmington has only about 40,000 residents. When judged by those numbers alone, Farmington shows slightly off nationwide growth. We also talked about national franchises that are now or very soon building stores and restaurants in Farmington, and the economic sense it makes that business does not build in a 'dying' economy.</p>			
Higher Education/Financial Aid	Four Corners Focus/FAFSA/Student Financial Aid Workshop	<p>Darla Santillanes and Greg Garcia of the San Juan College Financial Aid Office were guests this week to discuss financial aid. The dream of a college education is fading due to rising tuition costs at many higher learning institutions. San Juan College</p>	Darla Sanstillanes/Greg Garcia	04/24/2016 07:29 AM	029:54

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
-------	-----------------	-------------	-------	-----------	----------

will be holding a number of workshops to help both students now enrolled, incoming students and the public to FAFSA, Free Application for Federal Student Aid. FAFSA is a gateway to student loans and grants offered by our government and scholarship foundations. Discussion centered on ways to expose the monies available, and to also empower students to search to the funds available to enrich their education.

Veteran's Affairs/Literacy Programs

Four Corners Focus/Healing Field

Gary Risley joined us to talk about not only the 5th annual Healing Field, but the programs it helps to support in the community. The Field itself stands to honor those who have served others through their sacrifice, be it military, fire, police and other first responders now or in the

Gary Risley/Rotary International

05/01/2016
07:29 AM

029:55

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
-------	-----------------	-------------	-------	-----------	----------

past. Citizens are encouraged to honor anyone they feel has made an impact in their life with either a flag or dog tag to be in the display, which runs Memorial Day Weekend at the Farmington Boys and Girls Club football field. The proceeds from the event go to many programs helping children at risk in the Farmington community, including reading programs that the Rotary club sponsors.

Volunteerism/Education	Four Corners Focus/Farmington Public Library	Jeremy Jackson, head of volunteer coordination at the Farmington Public Library, was in to tell us about the opportunities available for citizens to volunteer their time in helping with the many programs at the Farmington Public Library. There is a never ending need, so there is something for literally everyone to lend	Jeremy Jackson	05/08/2016 07:30 AM	029:02
------------------------	--	--	----------------	------------------------	--------

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
-------	-----------------	-------------	-------	-----------	----------

their time to, from re-shelving books, to reading to children, to helping in the computer lab and much more. Discussion also centered on a few of the upcoming events at the library.

Public Lands, Parks, Recreation/Veteran's Affairs

Four Corners Focus/Riverfest

This week, we talked about Riverfest, an annual Memorial Day Weekend event. Riverfest began as a small event in 1987 for a group of people who found a spot by the Animas River and decided to clean it up, and develop it into a wilderness area. Animas and Berg Park are both part of the area, that provides walking trails, playgrounds for children, a wildlife preserve and more. The parks also contain a memorial park that honors veterans. Riverfest activities include rafting, wiener dog races, live

Jeanene Valdez

05/15/2016
07:29 AM

030:32

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		music, a benefit duck race and more-a celebration of the public lands, parks and recreation in the community.			
Healthcare/Diabetes Education	Four Corners Focus/Diabetes Education/PMS	<p>In New Mexico, 200,000 people have diabetes. This shocking number and increasing numbers across the United States have triggered a sharp rise in bringing proper care and education about the disease to the forefront. On that note, Presbyterian Medical Services has started a program to specifically focus on the care and education of diabetes. Clients see a nurse practitioner and a community health worker, to learn about the disease and the damage it can cause if not taken care of with medication and exercise. Another major part of the program is counseling. Discussing a</p>	Monique Summers	05/22/2016 07:28 AM	030:36

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		person's feelings about the disease and condition has proven to be very therapeutic.			
Senior Citizens/Elderly	Four Corners Focus/Senior Programs	<p>We welcomed former NFL player and current Adult Program Manager for the City Of Farmington, Homer Post, this week. He's been involved in public service since leaving the NFL, from the inner city, to the unique challenges of working in a rural, small town environment. We discussed local food programs, including Meals-On-Wheels, the annual Senior Olympics and the many craft programs offered at the Bonnie Dallas Senior Center. We also discussed the newly re-done yearly flea market, now called "Farmington's Biggest Block Party".</p>	Homer Post/Adult Programs Mgr., City Of Farmington	05/29/2016 07:29 AM	030:38

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
National Pride Month/Gay Rights	Four Corners Focus/Pride Month/Identity Inc./Parade	<p>This week's show dealt with the issue of gay rights. President Obama declared June as National Pride Month, in honor of those fighting for gay rights, and to celebrate the history of the movement. We discussed what each letter of LGBT means: Lesbian-Gay-Bi-Trans to help the audience understand these phrases instead of fearing them. We talked about the North Carolina laws concerning public restrooms and its effects on transsexual rights. And we talked about the efforts locally to deal with prejudice and hate through programs available at Identity Inc., a community center dedicated to the LGBT community. Finally we invited people to attend the Pride Parade to celebrate National Pride Month.</p>	Adrennia Cooper Gates	06/05/2016 07:28 AM	030:34

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Cyber Security for Home and Business	Four Corners Focus/Cyber Con 2016	<p>Every day, most everyone uses an electronic device of some sort: cell phones, desktops, laptops, tablets, both at home and at work. This week our show focused on cyber attacks, and how we need to remain vigilant about even the simplest of things: e-mail, messaging, online banking, and more. It has become very easy for hackers to obtain personal information and use it to steal ones identity, after which they can clean out bank accounts, get a mortgage, and worse. Cyber Con is an event being sponsored by the San Juan College Quality Center For Business, and will feature speakers who are experts in the field, including the FBI. With digital commerce being done more and more each day, this information</p>	Judy Castleberry	06/12/2016 07:29 AM	029:30

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
-------	-----------------	-------------	-------	-----------	----------

is crucial to the public.

Recreation/Volunteerism	Four Corners Focus/Parks & Rec/Connie Mack	One of the largest, if not the largest event in Farmington every year is the Connie Mack World Series, an international baseball tournament in August that brings 16-18 year old amateur baseball teams to the area to showcase their talents. To host such a large event, many volunteers are needed, including meters, greeters, concession stand workers, host families and more. Our show focused on the need for volunteers and the roles each volunteer plays. Natalie Spruell coordinates the volunteer effort and asked the community for their support again this year.	Natalie Spruell	06/19/2016 07:29 AM	029:55
-------------------------	--	--	-----------------	------------------------	--------

Healthcare	Four Corners Focus/Be Well NM	Now in its 3rd year, the Affordable Care Act is helping more and more citizens receive health care	Amy Dowd/CEO/Be Well NM	06/26/2016 07:27 AM	030:32
------------	-------------------------------	--	-------------------------	------------------------	--------

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
-------	-----------------	-------------	-------	-----------	----------

every day. Be Well NM is the state's hub for vendors offering health care that citizens can enroll with. CEO Amy Dowd was on the show helping to take away a bit of the 'mystery' surrounding the programs. We directed listeners to seek out BeWellNM.com for answers to questions on subjects like: Do I qualify? Where can I sign up? When is open enrollment? Can I sign up outside of open enrollment? How much does it cost? Why do I have to do this or pay a penalty? All great questions people and small businesses need to ask.

**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
-------	-----------------	-------------	-----------	----------

(Insert network and/or syndicator-provided programs lists here.)



Call Letters: KCQL-AM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2016

Show # 2016-14
Date aired: 4/3 Time Aired: 7:00A

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

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

Issues covered: **Length: 8:56**
Senior Citizens
Retirement Planning
Mental Health

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

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

Issues covered: **Length: 8:23**
Substance Abuse
Women's Issues
Government Policies

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

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

Issues covered: **Length: 4:54**
Personal Finance
Retirement Planning

Show # 2016-15

Date aired: 4/10 Time Aired: 1:00A

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

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

Issues covered:

**Employment Matters
Career**

Length: 8:49

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

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

Issues covered:

**Personal Health
Drug Abuse
Government Policies**

Length: 8:30

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

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

Issues covered:

**Charitable Contributions
Recycling
Consumer Issues
Senior Issues**

Length: 4:58

Show # 2016-16

Date aired: 4/17 Time Aired: 1:00A

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

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

Issues covered:

**Terrorism
Personal Protection
Emergency Preparedness**

Length: 9:07

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

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

Issues covered:

Length: 7:59

Youth at Risk

Crime

Prison Reforms

Minority Concerns

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

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

Issues covered:

Length: 5:07

Youth at Risk

Crime

Show # 2016-17

Date aired: 4/24 **Time Aired:** 7:00A

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

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

Issues covered:

Length: 8:24

Internet

Employment

Government Regulations

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

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

Issues covered:

Length: 8:39

Personal Health

Obesity

Matt Schulz, Senior Industry Analyst at CreditCards.com

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

Issues covered:
Personal Finance
Consumer Matters

Length: 5:06

Show # 2016-18

Date aired: 5/1

Time Aired: 7:00A

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

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

Issues covered:
Education
Consumer Matters
Parenting

Length: 8:38

Laura Adams, Senior Insurance Analyst at insuranceQuotes.com

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

Issues covered:
Traffic Safety
Consumer Matters

Length: 8:35

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

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

Issues covered:
Senior Citizens
Retirement Planning

Length: 4:57

Show # 2016-19

Date aired: 5/8

Time Aired: 7:00A

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

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

Issues covered:

**Personal Finance
Retirement
Senior Issues**

Length: 8:31

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

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

Issues covered:

**Emergency Preparedness
Personal Health**

Length: 8:44

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

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

Issues covered:

**Environment
Consumer Matters**

Length: 4:58

Show # 2016-20

Date aired: 5/15

Time Aired: 7:00A

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

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

Issues covered:

Personal Health

Length: 8:52

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

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

Issues covered:

**Youth at Risk
Mental Health
Crime**

Length: 8:24

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

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

Issues covered:

**Home Safety
Retirement Planning
Senior Citizens**

Length: 4:55

Show # 2016-21

Date aired: 5/22

Time Aired: 7:00A

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

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

Issues covered:

Consumer Matters

Length: 8:06

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

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

Issues covered:

**Personal Health
Career**

Length: 9:01

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

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

Issues covered:
Unemployment
Personal Health

Length: 5:03

Show # 2016-22

Date aired: 5/29 Time Aired: 1:00a

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

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

Issues covered:
Sexual Harassment
Violence
Parenting

Length: 9:34

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

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

Issues covered:
Economy
Personal Finance

Length: 7:46

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

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

Issues covered:
Traffic Safety

Length: 4:45

Show # 2016-23

Date aired: 6/15

Time Aired: 7:00A

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

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

Issues covered:

Personal Health
Religion

Length: 8:48

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

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

Issues covered:

Mental Health
Consumer Matters

Length: 8:27

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

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

Issues covered:

Alzheimer's' Disease
Health Issues
Senior Issues

Length: 4:56

Show # 2016-24

Date aired: 6/12

Time Aired: 7:00A

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

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

Issues covered:

Substance Abuse
Education
Social Media

Length: 6:52

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

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

Issues covered:
Gender Equality
Women's Issues
Workplace Matters

Length: 10:17

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

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

Issues covered:
Ethics
Workplace Matters

Length: 4:56

Show # 2016-25

Date aired: 6/19 Time Aired: 7:00A

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

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

Issues covered:
Family Matters
Senior Citizens
Child Custody

Length: 9:15

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

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

Issues covered:
Technology
Education
Privacy

Length: 7:55

Career

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

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

Issues covered:
Workplace Matters
Productivity

Length: 5:04

Show # 2016-26

Date aired: 6/26 Time Aired: 7:00A

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

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

Issues covered:
Parenting
Youth at Risk

Length: 9:22

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

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

Issues covered:
Technology
Consumer Matters
Education

Length: 7:51

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

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

Issues covered:
Energy
Environment
Workplace Matters

Length: 4:58

**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
-----	PSA LOCAL: More The Merrier	000:18	001
Adoption/Foster Care	Ad Council	001:00	036
Adoption/Foster Care	U.S. Health & Human Services	000:30	022
Animal Welfare	Farmington Animal Shelter	000:18	045
Bullying	National Education Assoc NM	000:29	015
Caregiver Assistance	AARP	000:58	024
Child Abuse/Neglect	Childhaven	000:18	073
Child Mentoring	Big Brothers/Big Sisters	000:31	067
Child Mentoring	Farmington Boys & Girls Club	000:15	046
Child Safety	NHTSA	000:30	023
Child Safety	NHTSA	001:00	031
Children's Dental Health	Ad Council	001:00	030
Children's Health	Save the Children	000:30	026
Children's Health	St. Jude Research Hospital	000:14	037
Children's Health	St. Jude Research Hospital	000:59	030
Children's Services	Camp Corazon	000:16	005
Children's Services	Camp Corazon	000:30	002
Children's Services	Make-A-Wish	001:00	029
Community Activities	Bloomfield Commerce Chamber	000:13	109
Community Activities	Farmington Downtown Assoc.	000:26	068
Community Employment	NM Workforce Connection	000:18	028
COMMUNITY INVOLVEMENT	NATIONAL POLICE WEEK	000:30	007
COMMUNITY INVOLVEMENT	United Way	000:30	025
COMMUNITY INVOLVEMENT	United Way	001:00	031

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Crime Prevention	Dept. of Homeland Security	000:14	038
Disability Resources	U.S. Health & Human Services	000:59	032
Disability Services	U.S. Health & Human Services	000:59	029
Domestic violence	Ad Council	000:30	015
Driving Safety	NHTSA	000:15	040
Driving Safety	NHTSA	000:30	044
Education	Ad Council	000:15	079
Education	Ad Council	001:00	035
Education	National Education Assoc NM	000:59	024
Education	San Juan College	000:26	001
Emergency Preparedness	Ad Council	000:15	037
Employment	NM Workforce Connection	000:18	011
Employment	NM Workforce Connection	000:23	001
Environment	Farmington Clean & Beautiful	000:26	049
Environment	U.S. Forest Service	000:10	005
Family Activities	Northern NM Street Rodders	000:16	028
Fatherhood Involvement	U.S. Health & Human Services	000:30	020
Fatherhood Involvement	U.S. Health & Human Services	001:00	024
Financial Literacy	Ad Council	000:15	002
Financial Literacy	Ad Council	000:30	019
Financial Literacy	Ad Council	001:00	019
Financial Mortgage Help	Ad Council	000:15	041
Financial Mortgage Help	HUD	000:30	023
Fine Arts	Farmington Museum	000:18	034
HEALTH AND FITNESS	PROSTATE CANCER FOUNDATION	000:33	024
Health Care	Ad Council	000:15	037
Health Care	Ad Council	001:00	018
Health Care	American Family Physicians	000:21	002
Health Care	american heart assoc	001:00	021

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Health Care	Radiological Society	000:15	041
Health Care	Radiological Society	000:30	051
Health Care	Radiological Society	001:00	029
Health Care	U.S. Department of Health	000:20	010
HOMELAND SECURITY	Dept. of Homeland Security	001:00	031
Hunger Prevention	Feeding America	000:30	054
Hunger Prevention	Feeding America	001:00	073
Job Training	Ad Council	000:15	042
Job Training	Ad Council	000:30	025
Job Training	Goodwill	001:01	030
Literacy	Ad Council	001:00	026
Literacy	Reading Is Fundamental	000:30	025
Lyme Disease Prevention	NatCapLyme Association	001:02	007
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	030
Pest Management	National Pest Management	000:30	042
Pest Management	National Pest Management	001:00	032
Recycling	Keep America Beautiful	000:20	017
Shelter Pet Adoption	Shelter Pet Project	000:30	025
Stroke Awareness	American Stroke Association	001:01	014
Texting & Driving	National Traffic Safety Admin	000:30	025
Tobacco	Youth Leadership Council	000:30	047
us marines	U.S. Marine Corps	000:16	041
us marines	U.S. Marine Corps	000:30	015
Veterans Aid	Paralyzed Veterans of America	000:15	044
Veterans Aid	Paralyzed Veterans of America	000:20	013
Veterans Aid	Wounded Warrior Project	000:30	023
Veterans Aid	Wounded Warrior Project	001:00	029
Veterans Services	iHeartMedia	000:30	020
Veterans Services	Veterans of America	000:20	015

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Veterans Support/Comm. Servic	San Juan Rotary	000:18	083