

KCQL
Farmington, NM
Quarterly Issues/Programs List
Fourth Quarter, 2019
12/31/2019

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:

- **Community Outreach:** Captain Darla Malone has been with the Salvation Army Farmington Corps for over three years. In that time, she has seen an increased need for food, day camp, emergency financial, seasonal and worship services that they provide. We spoke of the annual T (tm)s For Turkeys event, where a frozen turkey or a ten dollar donation would get the contributor a commemorative t-shirt. The Salvation Army uses those donations for their yearly free community wide Thanksgiving Dinner. We also talked about Angel Trees and where to find them-each representing the wish of a disadvantaged youth in the area. People were also notified how they can volunteer as a Red Kettle Bell Ringer, and how to apply for assistance from the Salvation Army.
- **Cultural Education/Entertainment:** An evening of world music is in store for community members who attend the African Drumming Ensemble concert Tuesday night at San Juan College (tm)s Little Theater. Dr. Teun Fetz of the music department and the drumming ensemble was our guest for a discussion on learning about the differences between cultures. He talked about the different drums used by the group, and even spoke about the long history of drumming and its huge list of uses other than just musical. Different cultures used percussive instruments for communication, some for prayer, and some for motivation. The audience was invited to come and see what the drum says to them with the African Drumming Ensemble.
- **Diabetes Care and Education :** 84 million adults in the United States have pre diabetes, and 9 out of those 10 don (tm)t even know they have it. Our guests this week, Shelli Sonstein and Steven Rundgen spoke about what it means to live with diabetes, the risk factors of pre diabetes and the role genetics play in preventing and understanding the disease better. November is National Diabetes Awareness Month and our guests spoke about simple ways to lessen the chances of getting diabetes like being more active by exercising at least 30 minutes daily, eating more fresh fruits and vegetables as part of a person diet, and losing weight.
- **Dissability Services and Education:** Director of the San Juan College Occupational Therapy Assistant Program, Kelly Kelley was our guest this week. She spoke of her own story of becoming disabled at age 15, and the feelings of fear and frustration that were slowly downgraded as her

work with therapists continued. Inspired by the work of the therapists she met, Kelly became an Occupational Therapist, and now finds herself as an educator, excited to share what she has learned with others. We talked about the Occupational Therapy Assistant Program and the advanced facilities offered at San Juan College, including a full kitchen, bathroom, and other mock up rooms to help the students see the world of the disabled through their own eyes.

- **Economic Development:** This week we took a look at the local economy. Arvin Trujillo spoke of why we are where we are with the economy locally, and some forward thinking on new projects. We discussed the oil and gas industry, and its transitional role in the area. We talked about changes that are being made and why both power plants are initiating cleaner emissions initiatives. We addressed solar and wind power, and the pros and cons involved in storing this source of power when the sun is not a factor. We talked about new ideas, like a railroad and a more powerful internet project for the region. Finally, we discussed the local outdoor initiative, new branding for the area, and the upcoming NW Region Economic Development Forum at San Juan College.
- **Funding of Non-Profits:** This week we introduced a new way for people to donate to non-profits and the great work that they do in the region. 100 People Who Care- is two separate groups, women and men, who meet once every three months to give monies to nonprofit organizations. Members each have a set commitment amount that they are ready to give each quarter. Three of the nonprofits are requested to prepare a short presentation to the group, explaining what they do. Then, based on their feelings and needs of the charities, and the presentations, they vote on which of the three is deemed the most worthy, and in turn, the non-profit receives the funds.
- **Health Insurance :** Juliet Yazzie and Katrina Smith are representatives of Be Well NM, the state (tm)s health insurance exchange. Be Well NM is the place to shop, compare and purchase health insurance. We discussed who qualifies, and how they can, if they have not already taken part. We spoke about different ways the public can get information and their questions answered. Our guests expressed the importance of signing up during the open enrollment period. We also discussed the ACA, and what the benefits are. Rules and laws have changed, and people need to be up to date on coverage, cost and care.
- **Health Services:** Festival of Trees has been held in the community for over 15 years, spreading the joy of the season, while helping to raise money to fund the many programs and services that Presbyterian Medical Services provides. Our guest, Jill Adair spoke of the PMS Community Health Center, which offers medical, dental and behavioral health services in the community at greatly reduced costs. She also spoke about the services available to the public at Totah Behavioral Services and Rehab Treatment and Headstart, a program for children.
- **Nature Resources:** Our guest this week was Rhonda Huntington, Office Administrator for the River Reach Foundation. We talked about the history of the River Reach Foundation, how it started with one citizen who wanted to improve the usefulness of the river front. At the time, it was in bad condition, and had developed into an eyesore with trash,

car bodies and more. That was the start of the foundation, and the start of great things for the river walk in the Farmington area. It now hosts many city events, like the yearly Riverfest and River Glo. River Glo is held annually in December, so we invited the community to come and walk through a fantastic display of some 2000 luminarias along the riverfront.

- **Outdoor Recreation:** Warren Unsicker is the Director of Farmington (tm)s Outdoor Recreation Initiative, and stopped in to talk about what (tm)s happening in our great outdoors. Farmington was recently host to a visit from the State of New Mexico (tm)s new director of outdoor recreation, and she was very impressed with not only what resources are available in the Four Corners, but also the plans for the future. Farmington is going forward with plans to highlight its many outdoor venues: rivers, parks, trails, lakes and more. Not only is the plan to expand on activities offered, it (tm)s to draw industry related to outdoor recreation here to build business and create jobs.
- **Senior Citizen Health Care:** Jim Sandbothy was our guest this week and the focus of our discussion centered around health care for senior citizens, and the Four Corners Care Expo that is scheduled at the Farmington Civic Center. FCCE is an informational day, aimed at helping seniors, their families and caregivers learn better ways to access the best care available to them. The Expo will have more than 30 booths full of all different kinds of info, from finances, healthcare and housing, to social care and more! The Expo will be topped off by a presentation from Dr. Douglas Wood MD of the Mayo Clinic. Dr. Wood (tm)s talk will focus on Medicare Trends and Future Health Care Delivery.
- **Volunteerism/Community Service:** Rev. Megan Cullip was our guest this week to discuss an event happening in January in our community, the Dr. Martin Luther King Jr. Day of Service. On January 20th, a large (last year (tm)s count was over 325) group of citizens will head out to different nonprofits in the area to serve for four hours of doing whatever needs to be done in the community. The purpose is not only to share of themselves and receive the good feelings that come with that, they are also making others feel great as they serve them. The community benefits from this day simply by introducing people one to another, and by giving to the nonprofits that do so much thankless work.
- **Youth Services-Housing and Behavioral Health:** Our guest this week was the Administrator for Youth Services in San Juan County, Traci Neff. We discussed a new program in the county designated to help homeless youth ages 18-24. The US Department of Housing and Urban Development awarded San Juan County \$287,000 to be used to rapidly rehouse young individuals. Clients will be identified as homeless or transitioning out of juvenile and protective services. 11 youth will be served at a time, with new clients rotated in as others in the 11 are served. As clients are given that hand up and obtain employment, they will pay 30% of the rent on their dwelling, with full takeover being the goal. Community members can take part with donations of furniture and other goods. Behavioral Health services have also been identified as a gap in service, and they are being looked at to be improved so more people

receive better care.

**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	DESCRPTIO N	GUEST	DATE/TIM E	DURATIO N
Dissability Services and Education	Four Corners Focus-San Juan College OTA Program	Director of the San Juan College Occupational Therapy Assistant Program, Kelly Kelley was our guest this week. She spoke of her own story of becoming disabled at age 15, and the feelings of fear and frustration that were slowly downgraded as her work with therapists continued. Inspired by the work of the therapists she met, Kelly became an Occupational Therapist, and now finds herself as an educator, excited to share what she has learned with others. We talked about the Occupational Therapy Assistant Program and the advanced	Kelley Kelly	10/06/2019 07:28 AM	029:24

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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facilities offered at San Juan College, including a full kitchen, bathroom, and other mock up rooms to help the students see the world of the disabled through their own eyes.

Senior Citizen Health Care

Four Corners Focus-Four Corners Care Expo

Jim Sandbothy was our guest this week and the focus of our discussion centered around health care for senior citizens, and the Four Corners Care Expo that is scheduled at the Farmington Civic Center. FCCE is an informational day, aimed at helping seniors, their families and caregivers learn better ways to access the best care available to them. The Expo will have more than 30 booths full of all different kinds of info, from finances, healthcare and housing, to social care and more! The Expo will be topped off by a presentation from Dr. Douglas Wood MD of the Mayo Clinic. Dr.

Jim Sandbothy

10/13/2019
07:27 AM

029:24

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		Wood (tm)s talk will focus on Medicare Trends and Future Health Care Delivery.			
Health Insurance	Four Corners Focus-Be Well NM	Juliet Yazzie and Katrina Smith are representatives of Be Well NM, the state (tm)s health insurance exchange. Be Well NM is the place to shop, compare and purchase health insurance. We discussed who qualifies, and how they can, if they have not already taken part. We spoke about different ways the public can get information and their questions answered. Our guests expressed the importance of signing up during the open enrollment period. We also discussed the ACA, and what the benefits are. Rules and laws have changed, and people need to be up to date on coverage, cost and care.	Juliet Yazzie/Katrina Smith	10/20/2019 07:28 AM	028:57
Outdoor Recreation	Four Corners Focus-Outdoor Recreation Initiative	Warren Unsicker is the Director of Farmington (tm)s Outdoor	Warren Unsicker	10/27/2019 07:27 AM	029:44

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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Recreation Initiative, and stopped in to talk about what (tm)s happening in our great outdoors. Farmington was recently host to a visit from the State of New Mexico (tm)s new director of outdoor recreation, and she was very impressed with not only what resources are available in the Four Corners, but also the plans for the future. Farmington is going forward with plans to highlight its many outdoor venues: rivers, parks, trails, lakes and more. Not only is the plan to expand on activities offered, it (tm)s to draw industry related to outdoor recreation here to build business and create jobs.

Diabetes Care and Education	Four Corners Focus-A Look Into Diabetes	84 million adults in the United States have pre diabetes, and 9 out of those 10 don (tm)t even know they have it. Our guests this week, Shelli Sonstein and Steven Rundgen	Shelli Sonstein/Steven Rundge	11/03/2019 07:28 AM	026:46
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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spoke about what it means to live with diabetes, the risk factors of pre diabetes and the role genetics play in preventing and understanding the disease better. November is National Diabetes Awareness Month and our guests spoke about simple ways to lessen the chances of getting diabetes like being more active by exercising at least 30 minutes daily, eating more fresh fruits and vegetables as part of a person diet, and losing weight.

Health Services

Four Corners
Focus-PMS
Festival of
Trees

Festival of Trees has been held in the community for over 15 years, spreading the joy of the season, while helping to raise money to fund the many programs and services that Presbyterian Medical Services provides. Our guest, Jill Adair spoke of the PMS Community Health Center, which offers medical, dental and behavioral health services in

Jill Adair

11/10/2019
07:28 AM

028:57

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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the community at greatly reduced costs. She also spoke about the services available to the public at Totah Behavioral Services and Rehab Treatment and Headstart, a program for children.

Community Outreach	Four Corners Focus-Salvation Army/T's For Turkeys	<p>Captain Darla Malone has been with the Salvation Army Farmington Corps for over three years. In that time, she has seen an increased need for food, day camp, emergency financial, seasonal and worship services that they provide. We spoke of the annual T (tm)s For Turkeys event, where a frozen turkey or a ten dollar donation would get the contributor a commemorative t-shirt. The Salvation Army uses those donations for their yearly free community wide Thanksgiving Dinner. We also talked about Angel Trees and where to find them-each representing the</p>	Darla Malone/Savanna Burwin	11/17/2019 07:30 AM	030:00
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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wish of a disadvantaged youth in the area. People were also notified how they can volunteer as a Red Kettle Bell Ringer, and how to apply for assistance from the Salvation Army.

Cultural
Education/Entertainment

Four Corners
Focus-African
Drumming
Ensemble

An evening of world music is in store for community members who attend the African Drumming Ensemble concert Tuesday night at San Juan College (tm)s Little Theater. Dr. Teun Fetz of the music department and the drumming ensemble was our guest for a discussion on learning about the differences between cultures. He talked about the different drums used by the group, and even spoke about the long history of drumming and its huge list of uses other than just musical. Different cultures used percussive instruments for communication, some for prayer, and some for

Dr. Teun Fetz

11/24/2019
07:27 AM

028:51

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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motivation. The audience was invited to come and see what the drum says to them with the African Drumming Ensemble.

Nature Resources

Four Corners Focus-Riverglow/River Reach

Our guest this week was Rhonda Huntington, Office Administrator for the River Reach Foundation. We talked about the history of the River Reach Foundation, how it started with one citizen who wanted to improve the usefulness of the river front. At the time, it was in bad condition, and had developed into an eyesore with trash, car bodies and more. That was the start of the foundation, and the start of great things for the river walk in the Farmington area. It now hosts many city events, like the yearly Riverfest and River Glo. River Glo is held annually in December, so we invited the community to come and walk

Rhonda Huntington

12/01/2019 07:29 AM

026:17

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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through a fantastic display of some 2000 luminarias along the riverfront.

Youth Services-Housing and Behavioral Health

Four Corners Focus-Youth Homelessness Program

Our guest this week was the Administrator for Youth Services in San Juan County, Traci Neff. We discussed a new program in the county designated to help homeless youth ages 18-24. The US Department of Housing and Urban Development awarded San Juan County \$287,000 to be used to rapidly rehouse young individuals. Clients will be identified as homeless or transitioning out of juvenile and protective services. 11 youth will be served at a time, with new clients rotated in as others in the 11 are served. As clients are given that hand up and obtain employment, they will pay 30% of the rent on their dwelling, with full takeover being

Traci Neff

12/08/2019
07:27 AM

029:58

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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the goal. Community members can take part with donations of furniture and other goods. Behavioral Health services have also been identified as a gap in service, and they are being looked at to be improved so more people receive better care.

Funding of Non-Profits	Four Corners Focus-100 People Who Care	<p>This week we introduced a new way for people to donate to non-profits and the great work that they do in the region. 100 People Who Care- is two separate groups, women and men, who meet once every three months to give monies to nonprofit organizations. Members each have a set commitment amount that they are ready to give each quarter. Three of the nonprofits are requested to prepare a short presentation to the group, explaining what they do. Then, based on their</p>	Heather Holmes/Patrick Manchester	12/15/2019 07:30 AM	030:00
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>feelings and needs of the charities, and the presentations, they vote on which of the three is deemed the most worthy, and in turn, the non-profit receives the funds.</p>			
Volunteerism/Community Service	Four Corners Focus-Day of Service	<p>Rev. Megan Cullip was our guest this week to discuss and event happening in January in our community, the Dr. Martin Luther King Jr. Day of Service. On January 20th, a large (last year (tm)s count was over 325) group of citizens will head out to different nonprofits in the area to serve for four hours of doing whatever needs to be done in the community. The purpose is not only to share of themselves and receive the good feelings that come with that, they are also making others feel great as they serve them. The community benefits from this day simply by introducing people one to</p>	Megan Cullip	12/22/2019 07:28 AM	028:29

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		another, and by giving to the nonprofits that do so much thankless work.			
Economic Development	Four Corners Focus-NW Region Economic Development Forum	<p>This week we took a look at the local economy. Arvin Trujillo spoke of why we are where we are with the economy locally, and some forward thinking on new projects. We discussed the oil and gas industry, and its transitional role in the area. We talked about changes that are being made and why both power plants are initiating cleaner emissions initiatives. We addressed solar and wind power, and the pros and cons involved in storing this source of power when the sun is not a factor. We talked about new ideas, like a railroad and a more powerful internet project for the region. Finally, we discussed the local outdoor initiative, new branding for the area, and the upcoming NW Region</p>	Arvin Trujillo	12/29/2019 07:27 AM	030:21

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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Economic
Development
Forum at San
Juan College.

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.)



Weekly Public Affairs Program

Call Letters: KCQL

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2019

Show # 2019-40

Date aired: 10/6 Time Aired: 7:00A

Penelope (Penny) Muse Abernathy, Knight Chair in Journalism and Digital Media Economics at the University of North Carolina, former executive at The Wall Street Journal and The New York Times

Prof. Abernathy discussed the accelerating collapse of local newspapers, and the effect of consolidation and distant owners on papers that do survive. She talked about the numerous ways that the loss of a local newspaper is often devastating to a small community. She also explained why new digital news organizations are unable to fulfill the community role that a traditional newspaper once did.

Issues covered:

**Media
Local Civics**

Length: 8:56

Arthur "Tim" Garson, MD, physician, health policy expert, Director of the Health Policy Institute at the Texas Medical Center, co-author of *"Exposing the 20 Medical Myths: Why Everything you Know about Health Care is Wrong and How to Make it Right."*

Dr. Garson talked about some of the most common misconceptions about the nation's healthcare system. He believes it is possible to actually reduce the cost of healthcare, rather than simply slowing down the rate of increase. He talked about the proposals of Medicare-for-All and explained steps that can be taken to reduce wasted medical care dollars.

Issues covered:

**Workplace Matters
Productivity**

Length: 8:24

Louis Brown, PhD, Associate Professor of Health Promotion and Behavioral Sciences at the University of Texas UTHealth School of Public Health

Prof. Brown led a study that examined the effectiveness of an innovative strategy called "Teens Against Tobacco." He found that the program was an effective strategy to deter tobacco use in middle and high school students, at least in the short-term. He plans future research to determine its long-term results.

Issues covered:

**Substance Abuse
Vaping
Youth at Risk**

Length: 5:09

Show # 2019-41

Date aired: 10/13 Time Aired: 7:00A

Laura M. Bogart, PhD, Senior Behavioral Scientist at the RAND Corporation, a nonprofit research organization that develops solutions to public policy challenges

Dr. Bogart directed a five-week obesity prevention program for seventh grade students that helped obese students lose an average of nine pounds over the following two-year period. She outlined the methods that were most effective, which included school-wide environmental changes and encouragement to eat healthy school cafeteria foods, along with a student-led education and marketing campaign.

Issues covered:
Childhood Obesity
Education
Parenting

Length: 8:26

Susan S. Silbey, PhD, Leon and Anne Goldberg Professor of Humanities, Professor of Sociology and Anthropology, Professor of Behavioral and Policy Sciences, Sloan School of Management at the Massachusetts Institute of Technology

The number of women enrolling in engineering school has increased steadily over the past four decades, but Dr. Silbey said one-third of women graduates soon leave the profession to pursue other careers. She said the reasons behind this problem are primarily related to the culture of engineering itself. She offered suggestions for women who are entering the profession, and explained why an engineering career should be such an attractive option for women.

Issues covered:
Women's Issues
Discrimination
Career

Length: 8:47

Dong Zhao, PhD, Assistant Professor of Construction Management, Michigan State University

Prof. Zhao led a study that found that more than 50 percent of potential energy savings from energy efficient homes can be lost if users don't know how to use the buildings properly. Dr Zhao said this is a concern both for individual homeowners as well as for commercial property owners.

Issues covered:
Energy
Consumer Matters

Length: 4:57

Show # 2019-42

Date aired: 10/20 Time Aired: 7:00A

John Snook, Executive Director of the Treatment Advocacy Center, a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness

Mr. Snook discussed the increasing rates of homelessness across the country. He said that most of the chronically homeless have a serious mental illness and usually a co-occurring substance abuse problem. He said while affordable housing is also an important contributor to the problem, the main issue is that those who are in need of serious medical treatment of mental illness are not getting it. He said many cities and states have failed to amend their laws relating the mentally ill to keep up with the medical research.

Issues covered:
Homelessness
Mental Illness
Substance Abuse
Government Policies

Length: 8:31

Jo Boaler, PhD, Professor of Education and Equity at Stanford University, Faculty Director of youcubed—an education resource that has reached over 230 million students, co-author of *“Limitless Mind: Learn, Lead, and Live Without Barriers.”*

Prof. Boaler discussed the latest research into neuroplasticity, the science that examines how the human brain is constantly growing and changing. She said whenever a student is struggling, that is the best time for brain growth. She said the brain is highly adaptable and that anyone can learn anything at any age, although learning does take longer as we age.

Issues covered:
Education
Personal Health

Length: 8:44

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.

Issues covered:
Personal Health
Obesity

Length: 5:02

Show # 2019-43

Date aired: 10/27 Time Aired: 7:00a

Teesha Hadra, co-author of *“Black and White: Disrupting Racism One Friendship at a Time”*

Ms. Hadra talked about the surprising ways that building friendships with people of other races can shape and move them toward taking actions against racism. She said that the limited definition of racism that most people have can set a very low bar for their conduct. She said well-meaning people can passively participate in racism by simply being unaware of it.

Issues covered:
Racism
Minority Concerns

Length: 8:31

Kenneth P. Rosenberg, MD, Distinguished Fellow of the American Psychiatric Association with a private practice in Manhattan, Clinical Associate Professor of Psychiatry at the New York-Presbyterian/Weill Cornell Medical Center, author of *“Bedlam: An Intimate Journey Into America's Mental Health Crisis.”*

Dr. Rosenberg discussed the ineffective way that America handles the mentally ill. He said while those with serious mental illness were once treated in mental institutions and asylums, now they end up on the streets and in prisons. He said those with serious mental illness die an average of 28 years earlier than other Americans. He talked about potential reforms and the importance of initiating a national conversation about the problem.

Issues covered:

Length: 8:44

**Mental Health
Government Policies
Law Enforcement**

Melissa Stormont, PhD, Professor of Special Education, University of Missouri College of Education

Prof. Stormont led a study that found that a very simple readiness test can predict kindergarteners' success in school after 18 months. She said identifying students early in the academic year who may need additional support can allow teachers and parents more time to build essential academic and social behavioral skills. She outlined steps that parents can take to prepare their children for kindergarten.

Issues covered:

Length: 5:02

**Early Childhood Education
Learning Disabilities
Parenting**

Show # 2019-44

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

Brianne Doura, Legislative Director, National Council on Problem Gambling

Ms. Doura discussed the high rate of gambling addiction among military personnel and veterans. She said that gambling addiction is treated differently than other addictions, causing members of the military to be reluctant to seek help. She discussed federal legislation that aims to address the problem.

Issues covered:

Length: 8:04

**Gambling Addiction
Military Affairs
Government Policies**

Rachel Voth Schrag, PhD, domestic violence expert, Assistant Professor in the School of Social Work at The University of Texas at Arlington

Prof. Voth Schrag outlined the results of her study into an overlooked form of psychological abuse—educational sabotage. She explained that educational sabotage is a form of coercive control intended to prevent the victim from furthering their education. She said this form of abuse has a significant impact on the victim's ability to complete their education and eventually affects their economic independence and safety.

Issues covered:

Length: 8:59

**Domestic Violence
Education**

Massimiliano Delferro, Ph.D., Chemist, Group Leader Catalysis Science Program, Chemical Sciences and Engineering Division, at the U.S. Department of Energy's Argonne National Laboratory

Today, Americans throw away over three-quarters of plastics after one-time use. Dr. Delferro led a team that developed a chemical recycling method for converting some discarded plastics into higher quality products, for eventual use in everyday products like detergents and cosmetics. He said while the catalyst still needs further development, his results look very promising and the technology is 5-10 years from being viable from an economic standpoint.

Issues covered:
Recycling
Scientific Research

Length: 4:51

Show # 2019-45

Date aired: 11/10 **Time Aired:** 7:00A

Michael Lindsey, PhD, Executive Director of the McSilver Institute for Poverty Policy and Research at New York University

Dr. Lindsey was the lead author of a study that found that suicide attempts are rising among black teens in the U.S., even as they fall among youth from other groups. He said researchers are puzzled as to why traditional precursors to suicide attempts like thinking about or planning a suicide are decreasing while actual attempts are going up. He outlined the specific challenges faced by black youth that may be a factor in the trend. He believes mental health counselors must be much more available in schools.

Issues covered:
Suicide
Minority Concerns
Youth at Risk

Length: 9:15

Geoffrey T. Sanzenbacher, PhD, Associate Professor of the Practice of Economics at Boston College, Research Fellow at the Center for Retirement Research at Boston College

Dr. Sanzenbacher was the co-author of a shocking study that found that only about one-quarter of workers ages 50-62 are consistently in traditional jobs with benefits. He said that the longer older workers stay with a particular job without benefits, the more financial damage they do to their retirement preparedness. He also explained the reasons that older workers end up in these jobs.

Issues covered:
Employment
Retirement Planning

Length: 8:05

Kathy Gattford, Ph.D., Senior Lecturer, Adelaide Medical School University, research group leader in the Robinson Research Institute in Australia

Prof. Gattford led a study that found that the more a baby weighs at birth, the higher the risk they will suffer from a childhood food allergy or eczema. Hay fever rates were the only allergy that was not connected to birth weight. She talked about the potential reasons and what expectant parents can learn from the study.

Issues covered:
Personal Health
Parenting

Length: 4:59

Show # 2019-46

Date aired: 11/17 Time Aired: 7:00a

Michael Itzkowitz, Senior Fellow at Third Way, a think tank in Washington, DC

More than 80% of freshmen students say they pursued higher education "to be able to get a better job." Mr. Itzkowitz led a study that found that half of the country's schools in 2018 left the majority of their former students earning less than \$28,000 a year, which is what the typical high school graduate makes. He said that all kinds of colleges led to underwhelming salaries, but for-profit schools typically performed the worst. He offered advice for parents and students.

Issues covered:
Higher Education
Federal Spending

Length: 9:15

Brent Sohngen, PhD, Professor of Environmental and Resource Economics in the Department of Agricultural, Environmental and Development Economics at Ohio State University

Prof. Sohngen led a study that found that while cutting down trees inevitably leads to more carbon in the environment, deforestation's contributions to climate change are vastly overestimated. He said previous estimates overestimated the impact because they did not account for the replanting and management of global forests over the last 70 years.

Issues covered:
Climate Change
Environment
Natural Resources

Length: 7:57

Morag MacKay, Director of Research, Safe Kids Worldwide

Ms. MacKay said that an American child is killed every five days in a train collision, a preventable tragedy that most parents overlook. She outlined the most common scenarios for these incidents and explained how parents can teach their children to avoid dangerous situations with trains.

Issues covered:
Railroad Safety
Child Safety
Parenting

Length: 5:06

Show # 2019-47

Date aired: 11/24 Time Aired: 7:00a

Chris Wimer, PhD, Senior Research Scientist at Columbia Population Research Center, Co-Director of the Center on Poverty and Social Policy at the School of Social Work at Columbia University

Prof. Wimer discussed his recent report that suggests that the percentage of Americans living in poverty may be underestimated by the official census. He explained that, while all official statistics apply the same rate of inflation to the income of people in all income brackets, his study proposes that inflation is much higher for people at the lower end of the income scale.

Issues covered:
Poverty
Economics
Government Spending

Length: 7:52

David Owen, author of "*Volume Control: Hearing in a Deafening World*"

Millions of Americans suffer from hearing loss, and in most cases, it begins in youth. Mr. Owen talked about the many health effects connected to hearing loss, including heart disease, diabetes, low birth weight, stress and cognitive decline. He talked about the most common everyday sounds that can gradually cause hearing loss, and why people avoid admitting they need a hearing aid or other help.

Issues covered:
Hearing Loss
Aging

Length: 9:09

Robert Wilson, PhD, Assistant Professor of Psychology and Cognitive Science, Arizona State University

Educational scholars have long recognized that there is something of a "sweet spot" when it comes to learning. Prof. Wilson led a study using artificial intelligence that determined the sweet spot is when failure occurs 15% of the time. Put another way, it's when the right answer is given 85% of the time. He explained what parents and teachers can learn from the study.

Issues covered:
Education
Parenting

Length: 5:06

Show # 2019-48

Date aired: 12/1 Time Aired: 7:00A

Anthony G. Comuzzie, PhD, obesity researcher and scientist with the Department of Genetics at the Texas Biomedical Research Institute in San Antonio

Recent government data shows that since the late 1980s and early 1990s, the average American has put on 15 or more additional pounds without getting any taller. Dr. Comuzzie explained why this is such a grave health concern. He also discussed potential causes and solutions to the nation's epidemic of obesity.

Issues covered:
Obesity
Personal Health

Length: 8:34

Doug Lamov, literacy and education expert, Managing Director of Uncommon Schools' Teach Like a Champion team, co-author of "*Reading Reconsidered: A Practical Guide to Rigorous Literacy Instruction*"

Mr. Lamov discussed the importance of teaching students to read with precision, rigor, and insight. He explained how Common Core curriculums are affecting reading programs across the country. He believes that most students are not given challenging enough assignments. He also offered suggestions for parents who want to instill a love of reading in their children.

Issues covered:
Education
Literacy
Government Policies
Parenting

Length: 8:44

James Kingsland, Science Production Editor of the London newspaper "*The Guardian*," author of "*Siddhartha's Brain: Unlocking the Ancient Science of Enlightenment*"

Mr. Kingsland discussed the latest research by leading neuroscientists and clinical psychologists that suggests that mindfulness practice reconfigures the brains. He said meditation can make people healthier and happier, and that it can help treat stress, chronic pain, hypertension and substance abuse.

Issues covered:
Mental Health
Aging

Length: 4:56

Show # 2019-49

Date aired: 12/18 Time Aired: 7:00A

Jennifer B. Johnston, PhD, Assistant Professor of Psychology at Western New Mexico University

Dr. Johnston recently led a study that examined the role that media coverage may play in fueling the increase of mass shootings in the U.S. Her study concluded that one of the most effective ways of curbing mass shooting incidents may be to drastically change how news organizations cover them. She is in favor of an organized campaign to convince media organizations to focus more on the victims, rather than the killer, his weapons and his motivations.

Issues covered:
Media
Mass Shootings

Length: 9:45

Brian Roe, PhD, McCormick Professor of Agricultural Marketing and Policy at Ohio State University

American consumers throw away about 80 billion pounds of food a year. Dr. Roe led a study that examined Americans' attitudes and misconceptions about food waste. He said many consumers think they have good reasons to throw food away, but those perceived benefits are often not real. He noted that food waste is the largest source of municipal solid waste in the U.S. and the most destructive type of household waste in terms of greenhouse gas emissions.

Issues covered:
Environment
Consumer Matters
Food Safety

Length: 7:28

Jan E. Stets, PhD, Professor of Sociology at the University of California, Riverside

Cheating to get ahead is likely to reduce your level of happiness, according to Dr. Stets' research. In her study, participants were given the opportunity to cheat to get ahead. The 30% who cheated were more likely to report a reduction in happiness, once they considered that others would not see them as moral persons.

Issues covered:
Mental Health
Workplace Issues

Length: 4:58

Show # 2019-50

Date aired: 12/15 Time Aired: 7:00A

Steven Woolf, MD, Director Emeritus of the Center on Society and Health at Virginia Commonwealth University

Dr. Woolf led a study that found that mortality rates have increased in 48 states since 2010. He said the Rust Belt and Appalachia have seen some of the most dramatic increases in death rates for Americans, ages 25 to 64. He believes that, while the opioid epidemic is a major factor, the decades-long economic decline and loss of manufacturing jobs for the middle class may be one of the deeper root causes.

Issues covered:

**Public Health
Drug Abuse
Economy**

Length: 8:44

Teru Clavel, global education consultant, author of "*World Class: One Mother's Journey Halfway Around the Globe in Search of the Best Education for Her Children*"

Students in Asia consistently rank among the best in the world. Ms. Clavel spent a decade living in Asia, with her three children attending public schools in Hong Kong, Shanghai and Japan, before returning to the US. She explained how the American education system has much to learn from its Asian counterparts. She believes that local funding of schools in the US should be replaced by a national education budget, because under the current system, wealthy communities provide a much better education than lower-income communities.

Issues covered:

**Education
Federal Spending**

Length: 8:34

Jamie Amelio, philanthropist, entrepreneur, author of "*Staying Bothered: Find Your Passion, Commit to Action, Change the World*"

Ms. Amelio explained how every person is capable of affecting real positive change in their communities and around the world if they find one thing that bothers them, then take action to fix it. She shared her own story of a vacation to Cambodia in 2003 that turned into a ground-breaking educational non-profit called Caring for Cambodia.

Issues covered:

**Volunteerism
Charity**

Length: 5:08

Show # 2019-51

Date aired: 12/22 Time Aired: 7:00A

Kim Allan Williams, Sr, M.D., MACC, FAHA, MASNC, FESC, James B. Herrick Professor, Chief of the Division of Cardiology at Rush University Medical Center in Chicago

Heart disease is the leading killer of Americans, and African Americans have the highest risk of cardiovascular disease. Dr. Williams led a recent study of African Americans that found that following a vegan diet for five weeks showed significant improvements in risk factors for heart disease. He also discussed a new blood test called TMAO that he believes may be the best test yet for predicting the risk of heart attack, stroke, or other serious cardiovascular problems.

Issues covered:

**Heart Disease
Minority Concerns
Nutrition**

Length: 9:59

Sunny Lin, PhD, MS, Assistant Professor in the Oregon Health & Science University-Portland State University School of Public Health

Accessing medical records can improve a patient's quality of care and outcomes. Prof. Lin led a study that found that while more than 95% of patients recently discharged from a hospital had access to electronic records, only 10% of patients bothered to look at them. She outlined steps that hospitals can take to encourage more people to use these records.

Issues covered:

**Personal Health
Government Regulations**

Length: 7:22

Lyra Logan, Executive Vice President/General Counsel of the Florida Education Fund, a non-profit that creates and implements educational programs for underrepresented groups, MIT Master Trainer in Educational Mobile Computing, author of "*Learn to Program with App Inventor*"

Only about 45% of high schools nationwide offer computer science training. Ms. Logan explained why it is important for all kids to have a basic understanding of computer science. She would like to see computer coding and computer science taught as early as elementary school. She said the biggest hurdle is the shortage of qualified teachers.

Issues covered:

**Education
Career**

Length: 5:03

Show # 2019-52

Date aired: 12/29 **Time Aired:** 7:00A

Bob Rusbuldt, CEO of The Independent Insurance Agents & Brokers of America

A consumer survey commissioned by Mr. Rusbuldt's organization found that many homeowners lack adequate insurance coverage, do not fully understand their homeowners policies and do not have enough savings to support their households in the event of a disaster. He discussed the most common misconceptions consumers have regarding homeowners insurance and what to do about it.

Issues covered:

**Disaster Preparedness
Consumer Matters**

Length: 8:37

Tomas Hult, PhD, Byington Endowed Chair and Professor of Marketing in the Eli Broad College of Business, Director of the International Business Center at Michigan State University

From recycling to reusing hotel towels, consumers who participate in a company's "green" program are more satisfied with its service, according to Dr. Holt's research. He explained the reasons behind these feelings, and the surprising way consumer decisions are affected when companies offer additional participation incentives.

Issues covered:
Recycling
Environment
Consumer Matters

Length: 8:40

Rachel Arocho, PhD, Research Fellow in Human Development and Family Science at Ohio State University

Dr. Arocho led a study that found that teenagers and young adults who expected to get married within the next five years reported committing fewer delinquent acts in the next year than those who weren't thinking about wedding bells. She discussed the possible reasons behind this finding.

Issues covered:
Crime
Youth at Risk

Length: 4:45

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
AARP	AARP	001:00	133
Adoption/Foster Care	Dept of Health and Human Serv	000:15	367
American Heart Association	American Medical Association	001:00	060
American Medical Association	cdc	001:00	320
Autism Awareness	pop earth dot org	000:29	008
Breast Cancer Risk Education	Susan B. Komen Foundation	000:15	273
Breast Cancer Risk Education	Susan B. Komen Foundation	000:30	054
Bullying Prevention	Ad Council	000:30	168
Buzzed Driving Prevention	NHTSA	000:30	148
Center For Disease Control	Center For Disease Control	000:29	145
CHILD MIND INSTITUTE	CHILD MIND INSTITUTE	000:33	041
CHILD MIND INSTITUTE	CHILD MIND INSTITUTE	000:35	009
Child Safety	healthy children dot org	000:29	008
Childhood Hunger	world vision	000:15	001
Childhood Hunger	world vision	000:52	002
Children's Health	Children's Miracle Network	000:29	162
Children's Health	Children's Miracle Network	000:30	699
Children's Health	Children, Youth & Families	000:15	402
Children's Health	Save the Children	000:30	043
Children's Services	world vision	000:29	159
COVENANT HOUSE	COVENANT HOUSE	000:30	033
Department of Health & Human	Dept of Health and Human Serv	000:15	475
Dollar General Literacy Found	Dollar General Literacy Found	001:00	276
e cigarettes	healthy children dot org	000:30	006
ENVIRONMENT	UN GOALS	000:30	068
Fatherhood Involvement	U.S. Health & Human Services	000:30	350
feeding america	Ad Council	001:00	286

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Health & Wellness	San Juan Regional Hospital	000:24	012
Health & Wellness	San Juan Regional Hospital	000:25	858
Health & Wellness	San Juan Regional Hospital	000:26	624
Health & Wellness	San Juan Regional Hospital	000:27	038
Holiday Activities, Unemploym	trees dot org	000:30	103
Holiday Activities, Unemploym	trees dot org	000:59	202
Holiday Toy Drive	marines	000:15	107
Holiday Toy Run	marines	000:30	050
Holiday Toy Run	marines	001:00	096
Hunger Prevention	Salvation Army	000:30	302
Make-A-Wish	Make-A-Wish	000:30	177
measles	Doctors Without Borders	000:30	008
MENTAL HEALTH	American Heart Association	000:15	138
MENTAL HEALTH ISSUES/TRAUMA	American Heart Association	000:30	070
mental health talk	nami	000:30	341
mental health talk	nami	000:32	403
mental health talk	nami	000:34	167
mental health talk	nami	000:35	146
National Fatherhood Initiativ	Health and Human Services	001:00	298
NHSTA	Ad Council	000:30	181
NHSTA	NHTSA	000:15	232
NHSTA	NHTSA	000:59	243
NHSTA	NHTSA	001:00	158
PROJECT YELLOW LIGHT	PROJECT YELLOW LIGHT	000:30	005
Sarcoma	Sarcoma Foundation of America	000:30	069
Sarcoma	Sarcoma Foundation of America	000:59	120
scam alert	ssa	000:30	001
scam alert	ssa	000:56	001
Senior CitIzen Affairs	NCOA	000:15	223

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Senior Citizen Affairs	NCOA	000:59	250
St. Jude Children's Hospital	St. Jude Research Hospital	001:00	296
UN GOALS	UN GOALS	000:30	012
Veterans Aid	heal veterans	001:00	191
Veterans Aid	Wounded Warrior Project	000:59	296
Veterans Services	heal veterans	000:30	109
VOTING	head count dot org	000:31	006