

KCQL
Farmington, NM
Quarterly Issues/Programs List
Second Quarter, 2019
07/01/2019

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:

- **Children's Services:** This week, we focused on the City of Farmington (tm)s annual Easter Egg-stravaganza that provides fun for both kids and adults. The children get to search through 40,000 plastic eggs, each with a prize inside, and adults can rest assured that their young charges are having a great time in a safe, supervised and happy place. The entire grounds at the Sycamore Park Community Center will be divided up and used for different age sections. Over 4,000 egg seekers will take part in the hunt. The Farmington police and fire departments, and National Guard participate, making it a great day for families to have fun.
- **Diabetes Care:** Sandra Grumwald spoke about living with diabetes, care services available, and how to live a better life as it exists. Students of diabetes classes receive help in becoming more physically energized, emotionally connected, mentally focused and spiritually aligned. They learn how to increase energy through nutrition, movement, values, purpose, stress management, and work/life balance. In the Diabetic Training classes, the students get a look at what management can be, and how to handle it in a classroom environment. Carbohydrate counting, label reading, stress, and foot care are just some of the subjects covered in these classes.
- **Disabled and Mentally Challenged Care:** This week we discussed the developmentally disabled, and how to better serve them. It begins in the ARC Thrift Store, where people bring sellable items including clothing, furniture, bedding, kitchen items |etc. The ARC team sorts these items and marks them for sale. Shoppers then visit the store and purchase items at a discounted price. All proceeds fund ARC programs, including the Voucher Program where they work with churches, schools and civic organizations to provide vouchers for displaced or needy families and individuals. Another program featured is the iCare card. The card, carried on the individual provides law enforcement vital information when working with someone who is having an attack, or has become non-verbal. We closed the show discussing the ARC Gala, which is a yearly fundraiser.
- **Economic Development/Oil & Gas Industry:** Our guest this week was President of Merrion Oil & Gas Company, T. Greg Merrion. We discussed the history of the oil and gas industry in the region to the state of

affairs in the field today. From its humble beginnings in 1921 when the first well was drilled, to today, 100 years later. We spoke of the locations that have been drilled, the different rock that has been manipulated to give up oil and gas, and learned about the new financially backed companies who are investing in the rich San Juan Basin. Finally we discussed upcoming San Juan Basin 2019 Energy Conference. Proceeds from the event will benefit San Juan College (tm)s Research Park, Four Corners Innovations, Inc.

- **Education Services For The Disabled:** CLEAR stands for Career-Life Engagement and Readiness, providing specialized certificate programs to students with disabilities. Our show focused on this program and how instructors believe these students, with encouragement and teaching, can come into the work-force and participate in high demand jobs. CLEAR also provides students with the chance to earn a Certificate of Occupational Training, as well as other industry recognized credentials at San Juan College. The program hopes to prepare students for the workforce by including 4 learning outcomes: Personal, Well-being, Technical and Occupational. Four disciplines, four semesters, 42 credits and the ability for the disabled to enter the workforce, and lift their lives.
- **Health and Wellness Events:** The San Juan Medical Foundation, dedicates itself to working with the San Juan Regional Medical Center and the local community in providing facilities and programs to provide care for individuals and families dealing with long-term health issues. Ginger Palmer, the foundation (tm)s donor development director and Traci Fletcher, manager of the Connelly Hospitality House, provided information about upcoming events to raise funds for the foundation. Among the events discussed were the RZR Raffle, the 100-mile challenge, the Texas 4000 mile bike challenge and cancer walk-a-thon. We also discussed the local Connelly Hospitality House, a facility that houses families with patients who are receiving long term treatment at SJRMC.
- **Health/Fitness:** The First Tee of San Juan County uses golf to positively impact the lives of young people, offering character-based programs designed to develop social, academic and physical skills which will mold our youth into the future leaders of our community and beyond. Clubs for Kids, taking place at Pinon Hills Country Club on May 16, is an annual free event featuring lessons and games for kids of all ages. Tom Yost is the program director for the First Tee Program of San Juan County. We discussed the event as well as the rising popularity of golf among kids and the abundance of outdoor activities for kids and adults in the region.
- **Literacy/Education:** Our guest this week, Jenny Lee Ryan spoke about how the Farmington Public Library is such a great asset to our community, in providing a meeting and gathering space, organized activities, computer labs, and of course reading materials of every kind. This summer the library has a theme of Out Of This World , which invites patrons to boldly read like no one has read before. Readers are encouraged to sign up in one of three categories---Children, Teens and Adults, and are given the task to simply read and log their reading online! At the end of the summer, participants win a program t-shirt. The event encourages growth in reading, vocabulary, imagination and

creativity.

- **Memorial Monumnet:** Gary Smouse and Martin Caddell were our guests this week to speak about their plans to erect and install a permanent memorial to the families of those who have been killed in action serving our country. The gentlemen spoke about the emotions families feel long after their soldier is gone. The monument would serve as recognition to them. Future plans include a parade for heroes that are flying in for these activities, a banquet, ground breaking, and, An Evening with Woody , a presentation of the incredible story of Woody Williams, a Medal of Honor winner and founder of this project. The project will be installed over time at the Farmington Memorial Park.
- **Native American Education:** San Juan College has received a grant from the New Mexico Public Education Department to recruit and support promising Native American teaching candidates. People who participate in Project ALPINE receive scholarship funding for a career in education. Alexis Domme, Director of Education at San Juan College, discussed the grant and its benefits for those working to enter or re-enter the education field. She discussed how the grant is helping those who are transitioning from one field to another and the need for locally based educators in Native American communities. We discussed how important teachers and counselors are to local and regional youth who may need structure outside the home.
- **Public Safety-Health/Drug Abuse:** According to the 2017 national survey on drug use and health, six million Americans misused controlled prescription drugs. We spoke about the study that shows a majority of abused prescription drugs were obtained from family and friends, often from a home medicine cabinet. The DEA (tm)s Prescription Drug Take Back Day provides an opportunity for all to prevent drug addiction and overdose deaths. We also discussed how to properly dispose of these medications, and how to find official year-around location sites for people to take their unused prescriptions.
- **Riverfront Recreation:** The River Reach Foundation (tm)s Bob & Gloria Lehmer were our guests this week to spread the word about the 33rd annual Riverfest celebration. The event takes place Memorial Day weekend at both Berg and Animas Parks and celebrates the beautiful waterfront areas we have here. The event has grown to a giant fundraiser that runs a whole weekend. Events include wiener dog races, rubber duck races, live music, concessions, and raft rides. As an added attraction this year, there will be raft races. All proceeds from the event go to riverfront improvements.
- **Suicide Awareness-Prevention:** Suicide always affects way many more people than just the individual who commits the act. This week we talked about Suicide in general. Hotlines that are available, feelings to look out for, behaviors to be aware of, even changes in language and speech to look out for. An upcoming motorcycle run will feature six stops, starting at Farmington Harley Davidson reaching an ending at Durango Harley. There, those taking part will enjoy refreshments, live music and guest speakers touching on the subject of suicide. Parents, survivors, family members and friends are all invited to take part, heal, grow and live.

**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
Economic Development/Oil & Gas Industry	Four Corners Focus/2019 San Juan Basin Energy Conference	<p>Our guest this week was President of Merrion Oil & Gas Company, T. Greg Merrion. We discussed the history of the oil and gas industry in the region to the state of affairs in the field today. From its humble beginnings in 1921 when the first well was drilled, to today, 100 years later. We spoke of the locations that have been drilled, the different rock that has been manipulated to give up oil and gas, and learned about the new financially backed companies who are investing in the rich San Juan Basin. Finally we discussed upcoming San Juan Basin 2019 Energy Conference. Proceeds from the event will benefit San Juan College (tm)s Research Park, Four Corners Innovations, Inc.</p>	T. Greg Merrian	04/07/2019 07:26 AM	031:09
Children's Services	Four Corners Focus/Easter Egg-stravaganza	<p>This week, we focused on the City of Farmington (tm)s annual Easter Egg-stravaganza that provides fun for both kids and adults. The children get to search through 40,000 plastic eggs, each with a prize inside, and adults can rest assured that</p>	Vonna Victor-SPCC Program Supervisor	04/14/2019 07:27 AM	029:23

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their young charges are having a great time in a safe, supervised and happy place. The entire grounds at the Sycamore Park Community Center will be divided up and used for different age sections. Over 4,000 egg seekers will take part in the hunt. The Farmington police and fire departments, and National Guard participate, making it a great day for families to have fun.

Suicide Awareness-Prevention	Four Corners Focus/Suicide Run and Ride	<p>Suicide always affects way many more people than just the individual who commits the act. This week we talked about Suicide in general. Hotlines that are available, feelings to look out for, behaviors to be aware of, even changes in language and speech to look out for. An upcoming motorcycle run will feature six stops, starting at Farmington Harley Davidson reaching an ending at Durango Harley. There, those taking part will enjoy refreshments, live music and guest speakers touching on the subject of suicide. Parents, survivors, family members and friends are all invited to take part, heal, grow and live.</p>	Rick Quevedo	04/21/2019 07:28 AM	029:02
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Health and Wellness Events	Four Corners Focus/San Juan Medical	The San Juan Medical Foundation, dedicates itself to working with	Ginger Palmer-Traci Fletcher	04/28/2019 07:30 AM	029:30
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
	Foundation	<p>the San Juan Regional Medical Center and the local community in providing facilities and programs to provide care for individuals and families dealing with long-term health issues. Ginger Palmer, the foundation (tm)s donor development director and Traci Fletcher, manager of the Connelly Hospitality House, provided information about upcoming events to raise funds for the foundation. Among the events discussed were the RZR Raffle, the 100-mile challenge, the Texas 4000 mile bike challenge and cancer walk-a-thon. We also discussed the local Connelly Hospitality House, a facility that houses families with patients who are receiving long term treatment at SJRMC.</p>			
Native American Education	Four Corners Focus/Project Alpine	<p>San Juan College has received a grant from the New Mexico Public Education Department to recruit and support promising Native American teaching candidates. People who participate in Project ALPINE receive scholarship funding for a career in education. Alexis Domme, Director of Education at San Juan College, discussed the grant and its benefits for those working to enter or re-enter the education field. She discussed how the grant is helping</p>	Alexis Domme	05/05/2019 07:28 AM	029:37

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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those who are transitioning from one field to another and the need for locally based educators in Native American communities. We discussed how important teachers and counselors are to local and regional youth who may need structure outside the home.

Health/Fitness	Four Corners Focus/Clubs For Kids-The First Tee	<p>The First Tee of San Juan County uses golf to positively impact the lives of young people, offering character-based programs designed to develop social, academic and physical skills which will mold our youth into the future leaders of our community and beyond. Clubs for Kids, taking place at Pinon Hills Country Club on May 16, is an annual free event featuring lessons and games for kids of all ages. Tom Yost is the program director for the First Tee Program of San Juan County. We discussed the event as well as the rising popularity of golf among kids and the abundance of outdoor activities for kids and adults in the region.</p>	Tom Yost	05/12/2019 07:28 AM	029:54
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Riverfront Recreation	Four Corners Focus/Riverfest	<p>The River Reach Foundation (tm)s Bob & Gloria Lehmer were our guests this week to spread the word about the 33rd annual Riverfest celebration. The event takes place Memorial Day weekend</p>	Bob & Gloria Lehmer	05/19/2019 07:28 AM	029:08
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>at both Berg and Animas Parks and celebrates the beautiful waterfront areas we have here. The event has grown to a giant fundraiser that runs a whole weekend. Events include wiener dog races, rubber duck races, live music, concessions, and raft rides. As an added attraction this year, there will be raft races. All proceeds from the event go to riverfront improvements.</p>			
Public Safety-Health/Drug Abuse	Four Corners Focus-DEA Takeback Day	<p>According to the 2017 national survey on drug use and health, six million Americans misused controlled prescription drugs. We spoke about the study that shows a majority of abused prescription drugs were obtained from family and friends, often from a home medicine cabinet. The DEA (tm)s Prescription Drug Take Back Day provides an opportunity for all to prevent drug addiction and overdose deaths. We also discussed how to properly dispose of these medications, and how to find official year-around location sites for people to take their unused prescriptions.</p>	Uttam Dhillon	05/26/2019 07:28 AM	027:28
Memorial Monumnet	Four Corners Focus/Gold Star Families	<p>Gary Smouse and Martin Caddell were our guests this week to speak about their plans to erect and install a permanent memorial to</p>	Gary Smouse/Martin Caddell	06/02/2019 07:25 AM	035:06

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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the families of those who have been killed in action serving our country. The gentlemen spoke about the emotions families feel long after their soldier is gone. The monument would serve as recognition to them. Future plans include a parade for heroes that are flying in for these activities, a banquet, ground breaking, and, An Evening with Woody , a presentation of the incredible story of Woody Williams, a Medal of Honor winner and founder of this project. The project will be installed over time at the Farmington Memorial Park.

Literacy/Education	Four Corners Focus/Summer Reading Program	<p>Our guest this week, Jenny Lee Ryan spoke about how the Farmington Public Library is such a great asset to our community, in providing a meeting and gathering space, organized activities, computer labs, and of course reading materials of every kind. This summer the library has a theme of Out Of This World , which invites patrons to boldly read like no one has read before. Readers are encouraged to sign up in one of three categories-- -Children, Teens and Adults, and are given the task to simply read and log their reading online! At the end of the summer, participants</p>	Jenny Lee Ryan	06/09/2019 07:30 AM	029:30
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win a program t-shirt. The event encourages growth in reading, vocabulary, imagination and creativity.

Education Services For The Disabled	Four Corners Focus/San Juan College CLEAR Program	<p>CLEAR stands for Career-Life Engagement and Readiness, providing specialized certificate programs to students with disabilities. Our show focused on this program and how instructors believe these students, with encouragement and teaching, can come into the work-force and participate in high demand jobs. CLEAR also provides students with the chance to earn a Certificate of Occupational Training, as well as other industry recognized credentials at San Juan College. The program hopes to prepare students for the workforce by including 4 learning outcomes: Personal, Well-being, Technical and Occupational. Four disciplines, four semesters, 42 credits and the ability for the disabled to enter the workforce, and lift their lives.</p>	Jenny Lambert-Kimber Mordecki	06/16/2019 07:30 AM	029:30
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Diabetes Care	Four Corners Focus/Diabetes Classes and Training	Sandra Grumwald spoke about living with diabetes, care services available, and how to live a better life as it exists. Students of diabetes classes receive help in becoming more physically energized, emotionally connected,	Sandra Grumwald	06/23/2019 07:28 AM	029:06
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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mentally focused and spiritually aligned. They learn how to increase energy through nutrition, movement, values, purpose, stress management, and work/life balance. In the Diabetic Training classes, the students get a look at what management can be, and how to handle it in a classroom environment. Carbohydrate counting, label reading, stress, and foot care are just some of the subjects covered in these classes.

Disabled and Mentally Challenged Care

Four Corners Focus/ARC of San Juan County

This week we discussed the developmentally disabled, and how to better serve them. It begins in the ARC Thrift Store, where people bring sellable items including clothing, furniture, bedding, kitchen items etc. The ARC team sorts these items and marks them for sale. Shoppers then visit the store and purchase items at a discounted price. All proceeds fund ARC programs, including the Voucher Program where they work with churches, schools and civic organizations to provide vouchers for displaced or needy families and individuals. Another program featured is the iCare card. The card, carried on the individual provides law enforcement vital information when

Mellissa Wilkins

06/30/2019
07:27 AM

028:27

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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working with someone who is having an attack, or has become non-verbal. We closed the show discussing the ARC Gala, which is a yearly fundraiser.

**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-AM

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2019

Show # 2019-14

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

Van C. Tran, PhD, Associate Professor of Sociology at Columbia University

Prof. Tran was the co-author of a study that found that although Asian Americans graduate from universities at far higher rates than white Americans, they still are no more likely to hold professional or managerial jobs. He discussed the additional barriers and discrimination that Asian Americans face when trying to climb the career ladder, a phenomenon known as the "bamboo ceiling."

Issues covered:
Discrimination
Minority Concerns
Career

Length: 9:04

Nancy Rhodes, PhD, Associate Professor in the Department of Advertising and Public Relations at Michigan State University

Dr. Rhoades examined underage and binge drinking at colleges and found that peer approval is the primary reason that students do it. She said students don't want to admit they're influenced by friends, but the reality is they are seeking social acceptance. She offered advice to concerned parents.

Issues covered:
Underage Drinking
Youth at Risk

Length: 8:09

Marina Vance, PhD, Assistant Professor of Mechanical Engineering at the University of Colorado Boulder

Cooking, cleaning and other routine household activities generate significant levels of volatile and particulate chemicals inside the average home, leading to indoor air quality levels on par with a polluted major city, according to Dr. Vance's research. She said that most homes are not properly ventilated and that gas stoves cause more indoor air pollution than electric ones.

Issues covered:
Pollution
Consumer Matters
Housing

Length: 5:07

Show # 2019-15

Date aired: 4/1/14

Time Aired: 7:00A

Robert Sholly, domestic counterterrorism expert, retired army colonel with experience in counterterrorism 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:

Length: 9:07

Terrorism

Personal Protection

Emergency Preparedness

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 # 2019-16 4/21 Date aired: 4/21 Time Aired: 7:00A

Kate O'Neill, PhD, Associate Professor in the Department of Environmental Science, Policy and Management at University of California Berkeley

For nearly three decades, recyclable materials from the US were shipped cheaply to China for processing. However, in the past year, China has stopped accepting virtually all of it. Dr. O'Neill said as a result, local governments and the recycling industry are now facing an unprecedented recycling crisis, especially in plastics. She estimated that, at least for now, nearly 100% of recyclable materials are going into landfills. She discussed the steps that the waste industry is taking to try to fix the problem.

Issues covered:
Recycling
Environment
Consumer Matters

Length: 9:37

Deanna Barch, PhD, Professor of Psychology; Professor of Radiology, chair of the Department of Psychological & Brain Sciences in Arts & Sciences and the Gregory B. Couch Professor of Psychiatry at Washington University School of Medicine in St. Louis

Dr. Barch was the senior author of a study that linked participation in team sports to larger hippocampal volumes in children and less depression in boys ages 9 to 11. The hippocampus is a brain region that plays an important role in memory and how we respond to stress. She said the evidence was particularly strong for children participating in sports that involved structure, such as a school team, a non-school league or regular lessons, as compared to more informal engagement in sports.

Issues covered:
Childhood Depression
Mental Health
Youth Sports

Length: 7:29

Arielle O'Shea, investing and retirement specialist, Nerdwallet.com

Banks are paying customers to open savings and checking accounts. Ms. O'Shea said bank account sign-up bonuses may not be as widespread as credit card perks, but they can be lucrative. She outlined some of the fine print consumers need to be aware of before accepting a bonus offer.

Issues covered:
Personal Finance
Consumer Matters

Length: 5:04

Show # 2019-17 4/28 Time Aired: 7:00A
Date aired: 4/28 Time Aired: 7:00A

Kartik Hosanagar, PhD, John C. Hower Professor of Technology and Digital Business and a Professor of Marketing at the Wharton School of the University of Pennsylvania, author of *"A Human's Guide to Machine Intelligence: How Algorithms Are Shaping Our Lives and How We Can Stay in Control"*

Computer algorithms and the artificial intelligence that underlies them make a staggering number of everyday decisions for nearly every American, from what products we buy, to how we consume our news or entertainment, to whom we date, and how we find a job. Dr. Hosanagar discussed the potentially dangerous biases algorithms can give rise to as they increasingly run our lives, and offered suggestions for consumers to regain control.

Issues covered:
Consumer Matters
Technology
Government Regulation

Length: 9:16

Jennifer L. Eberhardt, PhD, Professor of Psychology at Stanford, recipient of a 2014 MacArthur "genius" grant, author of *"Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do"*

Dr. Eberhardt talked about the numerous forms of bias hardwired into every human being. She said unconscious bias can be at work without our realizing it, even when we genuinely wish to treat all people equally. She explained how bias and racial inequality seeps into classrooms, police departments and businesses. She offered advice on how to recognize our own biases.

Issues covered:
Racism and Racial Bias
Law Enforcement

Length: 7:57

Alexander Fanaroff, M.D., Fellow, Cardiovascular Medicine, Duke University Medical Center

Dr. Fanaroff led a study that found that less than 10 percent of the treatment recommendations used by doctors to care for heart patients are based on evidence gained from multiple large, randomized clinical trials. He explained how the other 90 percent of treatments have come to be generally accepted by doctors. He hopes to see greater research to provide scientifically-supported treatment guidelines.

Issues covered:
Public Health Policy
Heart Disease

Length: 4:58

Show # 2019-18 5/5 Time Aired: 7:00A
Date aired: 5/5 Time Aired: 7:00A

Michael Mina, PhD, MD, Resident Physician in Clinical Pathology, Brigham and Women's Hospital, Harvard Medical School

Measles outbreaks are spiking worldwide. Dr. Mina discussed the reasons behind the soaring rate of infections. He noted that for even those who survive an outbreak, measles can compromise a person's immune system for up to two years afterwards. He said the MMR vaccinations are proven to be very safe and parents should not hesitate to have their children vaccinated.

Issues covered:
Measles Outbreaks
Vaccinations
Public Health

Length: 9:14

Deborah Schwengel, MD, Assistant Professor of Anesthesiology and Critical Care Medicine at the Johns Hopkins University School of Medicine and Johns Hopkins Children's Center

Dr. Schwengel, led a comprehensive nationwide study that found that the rate of lawnmower injuries remains at a consistently high level, with most of them requiring surgery and hospitalization. She explained how the most common incidents occur and how adults can take steps to protect children from injury.

Issues covered:
Personal Injury Prevention
Child Safety

Length: 8:09

Tiffany Munzer, MD, Pediatric Developmental Behavioral Fellow at the University of Michigan

Dr. Munzer led a study that examined parents reading to their children in different book formats: enhanced electronic (with sound effects and/or animation), electronic, and print. The study found that traditional books provide the greatest opportunities for discussion, conversation and parent/child bonding. She said the flashing lights and loud sounds in most e-readers detract from the potential benefits of a shared reading experience.

Issues covered:
Early Childhood Learning
Literacy
Parenting

Length: 4:54

Show # 2019-19

Date aired: 5/12 Time Aired: 7:00A

William G. Gale, PhD, Arjay and Frances Miller Chair in Federal Economic Policy, Senior Fellow in the Economic Studies Program at the Brookings Institution

Most Americans are aware that the Social Security program will soon run short of money. Dr. Gale discussed the even shakier financial situations of Medicare and Medicaid. He said the Medicare trust fund will run out of money in 2026. He stressed the importance for Congress to either reduce costs, raise taxes or make other major policy changes soon.

Issues covered:
Government
Retirement Planning
Public Health

Length: 9:03

Megan Maas, PhD, Assistant Professor of Human Development and Family Studies at Michigan State University, certified sexuality educator

Teens spend hours every day on internet-connected devices, often with little or no supervision. Dr. Mass led a study that found that online sexual experiences can predict a teen's likelihood of becoming a victim of sexual assault one year later. She outlined the specific patterns of behaviors that can put teenagers at risk. She said she believes teens need to receive much better education to learn how online activities can affect their real life.

Issues covered:
Sexual Assault
Youth at Risk
Parenting

Length: 8:12

Christopher Loftis, PhD, National Director for the U.S. Department of Veterans Affairs/U.S. Department of Defense Mental Health Collaboration

Veterans face a wide array of mental health and stress-related challenges when they return to civilian life. Dr. Loftis discussed the various forms of help available at Veterans Administration facilities and via community-based mental health resources where veterans live. He offered ideas to help family members and friends start the conversation about mental health.

Issues covered:
Veterans Issues
Mental Health

Length: 4:59

Show # 2019-20

Date aired: 5/19 **Time Aired:** 7:00A

Tina Seelig, PhD, Professor of the Practice in the Dept of Management Science and Engineering at Stanford School of Engineering, faculty director of the Stanford Technology Ventures, author of "*What I Wish I Knew When I Was 20 - 10th Anniversary Edition: A Crash Course on Making Your Place in the World*"

Many young people struggle as they make the transition from the academic environment to the professional world. Dr. Seelig discussed skills and thought processes that can lead to success and resilience in their adult lives. She also talked about the effectiveness of our nation's higher education system in preparing students for life.

Issues covered:
Education
Career

Length: 8:37

Tony Corbo, Senior Lobbyist for the Food Campaign at Food & Water Watch, an advocacy group that supports stricter food safety regulations

The Centers for Disease Control and Prevention has reported that the frequency of several types of food poisoning infections climbed last year, but that the increases could be the result of new diagnostic tools that help identify more cases. Mr. Corbo explained the complex system that tracks illnesses such as salmonella and campylobacter. He said illnesses connected to produce are on the rise, while meat and poultry cases are unchanged.

Issues covered:
Food Poisoning
Government Regulations

Length: 8:32

Robert M. Siegel, MD, Medical Director of the Center for Better Health and Nutrition of the Heart Institute at Cincinnati Children's Hospital Medical Center, Professor of Clinical Pediatrics at the University of Cincinnati

Dr. Siegel led a small study of middle school students, examining their cardiovascular risk factors. He found that a third of the children had abnormal levels of cholesterol or blood sugar, and several were found to have undiagnosed diabetes. He said every child should be routinely tested for cardiovascular risks, but only 25-30% are.

Issues covered:
Children's Health

Length: 4:59

Show # 2019-21

Date aired: 5/26 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 # 2019-22

Date aired: 6/2 Time Aired: 7:00A

David Swenson, PhD, Associate scientist in the Department of Economics, Iowa State University

While a number of metropolitan regions across the US are struggling, many more midsize and rural counties are wrestling with long-term decline. Dr. Swenson explained why most of the country's smaller urban and rural counties are not growing in terms of population and jobs, and will not grow in the future. He said government policies need to address the issue and assure access to necessary public services and modern technologies, to ensure that rural residents are connected to society.

Issues covered:

**Rural Concerns
Employment
Economy**

Length: 9:01

Lauren Stiller Rikleen, President of the Rikleen Institute for Strategic Leadership, author of "*The Shield of Silence: How Power Perpetuates a Culture of Harassment and Bullying in the Workplace*"

Ms. Rikleen discussed workplace misconduct, sexual harassment and other negative behaviors on the job. She believes the best way to address these problems is to eliminate the fear of retribution against those who report the misconduct. She said that change is also needed in the court system because judges and juries often discount the credibility of victims and are reluctant to hold employers accountable.

Issues covered:

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

Length: 8:16

Kevin Estela, author of "*101 Skills You Need to Survive in the Woods*"

Mr. Estela outlined essential skills and tools that can be helpful to anyone in an emergency situation, particularly on camping trips and other outdoor activities. He also discussed the importance of being mentally prepared to act in the event of a life-threatening emergency.

Issues covered:

**Emergency Preparedness
First Aid**

Length: 5:00

Show # 2019-23

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

Stefanos N. Kales, MD, MPH, Professor of Medicine at Harvard Medical School, Professor and Director of the Occupational and Environmental Medicine Residency at the Harvard T.H. Chan School of Public Health

Dr. Kales co-authored a recent study that suggested that the number of push-ups a middle-aged man can perform might be a strong indication of his overall heart health. He found that men who can do more than 40 pushups in one minute have a 96 percent reduced risk of heart attack, stroke and heart disease compared with men who could muster fewer than 10. He also noted that push-up capacity appears to be a better and obviously less costly measurement of heart health than the standard treadmill test routinely used by cardiologists.

Issues covered:

**Personal Health
Healthcare Spending
Physical Fitness**

Length: 8:27

Karen Page Winterich, PhD, Associate Professor of Marketing, Frank and Mary Smeal Research Fellow, Penn State University

Dr. Winterich's research team conducted six studies that found that when consumers are aware that recyclables are transformed into new items, they recycle more. She believes that improving consumer education should be a priority for any organization seeking to increase recycling.

Issues covered:
Recycling
Consumer Matters

Length: 8:54

Patricia Thompson, Ph.D., corporate psychologist and management consultant, author of "*The Consummate Leader: A Holistic Guide to Inspiring Growth in Others...and in Yourself*"

Dr. Thompson talked about the value of a mental health break from work, which can mean heading out early for the rest of the day or stepping away from the pressures of work for 15 minutes. She explained how employees can successfully request a mental health break, and what to do during one to mentally recharge.

Issues covered:
Mental Health
Workplace Matters

Length: 4:57

Show # 2019-24

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

Joshua Gotbaum, Guest Scholar in the Economic Studies Program at The Brookings Institution, Chair of the Maryland Small Business Retirement Security Board

Mr. Gotbaum said the retirement industry has spent decades largely sidestepping perhaps the biggest question most Americans have about retirement planning: how much of their earnings should they be saving? He cited research from the Employee Benefits Research Institute that recommends saving at least 10% of each paycheck. He stressed that Millennials should begin saving in earnest as soon as they enter the workforce.

Issues covered:
Retirement Planning
Personal Finance

Length: 8:36

David Andrews, Ph.D., Senior Scientist, Environmental Working Group

A recent investigation by the Food and Drug Administration found toxic per- and poly- fluoroalkyl substances, or PFAS, in a wide variety of produce, meats and processed foods. Dr. Andrews outlined the health dangers. He said food packaging is a major source of the chemicals, along with contaminated water and soil used to grown the food. He would like to see greatly increased government regulation and monitoring of the chemicals.

Issues covered:
Food Safety
Environment
Government Regulation

Length: 8:48

Rachel Moon, MD, Pediatrician and Researcher at the University of Virginia Children's Hospital

Dr. Moon was the lead author of a study that found that babies are dying in car seats when the child is out of the car and sleeping. When looking at infant deaths in sitting devices, like car seats and strollers, her team found that more than two-thirds occurred while in car seats. In those cases, parents were using the car seats as directed less than 10% of the time. She stressed the importance of educating parents to use a crib or bassinet when they are at home.

Issues covered:
Child Safety
Parenting

Length: 4:54

Show # 2019-25

Date aired: 6/23 Time Aired: 7:00A

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

Prof. Cooper led a study that found that stepping on the bathroom scale once per day may help to avoid weight gain. She said the average adult gains 1-2 lbs. over each vacation or holiday period, and normally doesn't lose it afterwards. She said although people may walk more and get other forms of physical activity during vacations, they tend to eat more.

Issues covered:
Personal Health
Obesity

Length: 9:31

Laurie Nadel, PhD, psychotherapist who specializes in treating acute stress, anxiety and PTSD, author of *"The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes"*

An American Psychiatric Association report found that Americans have experienced a 51% increase in anxiety levels in the past two years. Dr. Nadel said the report illustrates an epidemic of anxiety issues, including PTSD. She said it can be triggered just by watching disturbing images on electronic devices, causing what she terms "vicarious traumatization." She outlined five techniques that may help those suffering from mental trauma.

Issues covered:
PTSD
Mental Health

Length: 8:48

Julie Angwin, Pulitzer Prize-winning investigative journalist, author of *"Dragnet Nation: A Quest for Privacy, Security and Freedom in a World of Relentless Surveillance"*

Ms. Angwin explained why Americans should be concerned about the rapidly increasing ways that the government, private companies, and even criminals use technology to indiscriminately sweep up vast amounts of our personal data. She outlined tools that people can use to reduce their digital footprint.

Issues covered:
Privacy
Government Policies
Consumer Matters

Length: 5:02

Show # 2019-26

Date aired: 6/30 Time Aired: 7:00A

Rick Smith, Warning Coordination Meteorologist at the National Weather Service in Norman, OK

Over the past two decades, there have been major changes in tornado forecasting technology and how Americans receive alerts. Mr. Smith discussed the latest developments and what everyone needs to know to stay safe. He said the number or intensity of tornadoes hasn't changed, but media attention has increased, partly because nearly every tornado is now captured on a smartphone camera.

Issues covered:

Tornado Preparedness

Length: 9:49

Laura Condon, PhD, Assistant Professor of Hydrology and Atmospheric Sciences, University of Arizona

Dr. Condon led a study that found that groundwater pumping in the last century, for drinking water and agricultural use, has contributed as much as 50 percent to stream flow declines in some US rivers. She explained why this is such a serious concern and what can be done by communities and individuals to conserve water resources.

Issues covered:

Environment

Water Conservation

Government Policies

Length: 7:28

Mathew White, PhD, Environmental Psychologist and Senior Lecturer from the University of Exeter Medical School in Devon, England

It's common knowledge that being outdoors and around nature is a healthy thing. Dr. White led a study that measured exactly how much outdoor time is necessary for improved health. He found that two to four hours per week is the sweet spot, and it can be done in bits and pieces over the course of a week. He added that the benefits were especially helpful for those with longstanding illness or disabilities.

Issues covered:

Personal Health

Environment

Disabilities

Length: 5:14

**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
AARP	AARP	001:00	137
Adoption/Foster Care	Dept of Health and Human Serv	000:15	141
American Heart Association	American Medical Association	001:00	139
AMERICAN LUNG ASSOCIATION	AMERICAN LUNG ASSOCIATION	000:30	039
American Medical Association	cdc	001:00	134
Breast Cancer Risk Education	Susan B. Komen Foundation	000:15	092
Bullying Prevention	Ad Council	000:30	129
Buzzed Driving Prevention	NHTSA	000:30	133
Center For Disease Control	Center For Disease Control	000:29	130
Childhood Hunger	world vision	000:15	006
Childhood Hunger	world vision	000:52	009
Children's Health	St. Jude Research Hospital	000:30	059
Children's Services	world vision	000:29	004
COMMUNITY INVOLVEMENT	NO KID HUNGRY	000:30	012
COMMUNITY INVOLVEMENT	TAKE YOUR KID TO WORK	000:31	007
Department of Health & Human	Dept of Health and Human Serv	000:15	136
Discover Nature	U.S. Forest Service	000:15	138
Dollar General Literacy Found	Dollar General Literacy Found	001:00	130
Fatherhood Involvement	U.S. Health & Human Services	000:30	262
feeding america	Ad Council	001:00	134
HABITAT FOR HUMANITY	HABITAT FOR HUMANITY	000:31	003
Health & Wellness	cdc	000:29	049
Health & Wellness	cdc	000:30	105

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Health & Wellness	San Juan Regional Hospital	000:23	049
Health & Wellness	San Juan Regional Hospital	000:24	012
Health & Wellness	San Juan Regional Hospital	000:25	135
Health & Wellness	San Juan Regional Hospital	000:26	224
Health & Wellness	San Juan Regional Hospital	000:27	014
Health & Wellness	San Juan Regional Hospital	000:28	012
Humane Society of the US	Ad Council	001:00	136
Job Training	Goodwill	001:00	139
Make-A-Wish	Make-A-Wish	000:30	131
MENTAL HEALTH	MENTAL HEALTH	000:33	023
MENTAL HEALTH	MENTAL HEALTH	000:35	011
MENTAL HEALTH	San Juan College	000:56	046
MENTAL HEALTH	San Juan College	000:58	038
MENTAL HEALTH	San Juan College	000:59	038
mental health talk	nami	000:30	066
mental health talk	nami	000:32	059
mental health talk	nami	000:34	034
mental health talk	nami	000:35	036
National Fatherhood Initiativ	Health and Human Services	001:00	129
NHSTA	Ad Council	000:30	129
NHSTA	NHTSA	000:15	137
NHSTA	NHTSA	000:59	136
NHSTA	NHTSA	001:00	135
oral health and opioids	united health care	000:30	002
oral health and opioids	united health care	001:01	002
organ donors	health resources admin	000:30	030
organ donors	health resources admin	001:00	040
scam alert	ssa	000:15	006
scam alert	ssa	000:30	005

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
scam alert	ssa	000:56	014
St. Jude Children's Hospital	St. Jude Research Hospital	001:00	136
Stroke Awareness	Radiology.com	000:15	049
Stroke Awareness	Radiology.com	000:30	056
Stroke Awareness	Radiology.com	001:00	051
US FOREST SERVICE	Ad Council	001:00	139
VESTIBULAR DISORDERS	VEDA	000:30	109
VESTIBULAR DISORDERS	VEDA	001:00	109
Veterans Aid	Wounded Warrior Project	000:59	138
WORLD WISH DAY	MAKE A WISH	000:29	004
WORLD WISH DAY	WORLD WISH DAY	000:29	013
Year Up	Ad Council	001:00	133