

KCQL
Farmington, NM
Quarterly Issues/Programs List
Fourth Quarter, 2017
01/02/2018

KCQL
Quarterly Issues/Programs List

KCQL provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

- **Animal Welfare/Rescue:** This week Amy Harden and Jackie Cote of OHCAAT, One Homeless Critter At A Time were our guests. We covered local issues such as animal rescue, population control and adoption here in the Farmington area. We also discussed the importance of spay and neuter programs available in our area, feral cat control, puppy mills and the advantages of adopting shelter animals over purchasing a pet. The subject of pet safety in the winter was also discussed in length, reminding listeners that outdoor pets need a warm spot to go to when the weather turns cold during the winter months.
- **Children's Activities/Recreation:** Vonna Victor was our guest this week to discuss the events at Sycamore Park Community Center. Every day, youth in our community are learning valuable lessons at the center, not just homework help or computer lab, but human interaction, proper behavior, cooperation and more real life skills that will help them as they grow older. We talked about the use of the facility and discussed field trips and other planned activities. Finally, we discussed the upcoming Daddy-Daughter Dance, the Mother-Son Dodgeball tournament and Ice Cream Social.
- **Diabetes Education/Awareness:** November is Diabetes Awareness Month, so Sandra Grunwald and Cathy Graine from San Juan Regional Medical Center came down to talk about where diabetes care and education has been and the advancements in treatment. The discussion included lots of information to share with relatives and loved ones of patients, some tips for patients regarding diet and exercise, and maybe importantly, words of encouragement to those suffering with, and frustrated by this deadly disease. San Juan Regional offers free Diabetes Education classes, and listeners were invited to join in on these free classes.
- **Grief and Trauma Counseling:** Amber Layton of LPCC Counseling Services was our guest this week to discuss the tragic events of the Aztec High School shootings that ended the lives of two students earlier in the week. She spoke in detail on how students and parents alike should deal with the pain and shock this event has brought to our community. We discussed the importance of communication, talking about feelings, finding venues to communicate those feelings, whether in a group setting or privately. We also discussed triggers to be aware of and the

after effects of trauma and grief.

- **High School After School Activities:** Students from the Piedra Vista High School Drama Club were our guests to discuss the club, how to get involved, and how drama helps students develop in many ways. From self confidence and esteem, reading and public speaking, and teamwork, where students learn to work together for the betterment of a production. Drama Club helps shy students find a voice, and achieve things they never thought they could. Expanding imagination also helps expand the thinking of a student, allowing them to open new horizons.
- **Higher Education/Student Loans:** One major reason blocking people from continuing their education is money. How to further an education with the extensive costs of tuition, lab supplies, living, etc.? One way is through scholarships and grants. Receiving money for education is often overlooked, simply because students don't know where to go. San Juan College's Darla Santillanes spoke about student financing, centering on FAFSA, Free Application for Federal Student Aid. A simple form that can help slash money from student costs, with federal grants. FAFSA has rules and limits, but students who don't apply could be missing out!
- **Homeless:** We discussed the homeless issue in Farmington this week. Joining us was Jonna Sharpe, Executive Director of the PATH Shelter. The problem is two-fold in the area: we have a pure homeless population, those who need a safe, sustaining place to stay while they make the transition back to a better life---and those who come from a rehab situation, who also need a place to reside where they won't be tempted by alcohol or drugs as they make their way toward transitional housing, employment, and rebuilding their life. Jonna discussed the options available for those in need in our region.
- **Learning Disabilities:** Dave Savage was our guest this week and our show centered on ways in which music can unlock the potential of those who struggle with reading, writing, math, organizational skill or focus. 1 in 5 people have learning and attention issues, like ADHD and dyslexia. The show featured stories from experts, teachers, parents and kids with learning and attention issues and how music can have a large impact on these children's lives.
- **Musicians On Call:** Our show this week paid tribute to America's war heroes and active duty members of the military. We told the story of Musicians On Call's mission of bringing musicians into hospitals, nursing homes and hospice centers, where artists perform bedside for patients to lift spirits of those who have served our country. In addition, the program highlighted The Long Road Home, an eight part series airing on the National Geographic Channel that tells the true story of a platoon of troops being ambushed in Baghdad that became known as Black Sunday.
- **Poverty/Low Income Assistance:** Brian Turner from Kiwanis spoke to us about the issues we have in our community regarding children with no coat or clothing for the upcoming winter season. Rio Del Sol Kiwanis runs two programs this time of year, Coats for Kids and Clothes for Kids. People can donate new or gently used coats for distribution to children in need. Also, they hold a cash drive to benefit Clothes For

Kids. For this drive, a local school is chosen to receive \$100 for each child in need to go clothing shopping with an adult volunteer.

- **Sexual Assault/Harassment:** With the wildfire of accusations going on in Hollywood and Washington, our topic of discussion this week was about sexual harassment in the workplace. Our guest was Eleana Butler, Director of Sexual Assault Services of Northwest New Mexico. Our focus of discussion centered on the definition, what constitutes sexual harassment, and maybe most importantly, what should one do if you they feel uncomfortable in a situation dealing with the subject matter of sexual or non-sexual harassment. A take-away point from the discussion was to think seriously about the issue, and be more thoughtful about behavior, and the harm it can cause.
- **Teen Volunteerism :** You see it all over-at the store, the mall, the office and at school. What is it? Fundraising. Students selling cookies, candy, popcorn & many other things to raise funds for trips, uniforms, school clubs, and many other things. The local VIP Program takes that one step further by allowing youth to actually earn wages against sweat equity to raise money. Groups take on projects and are paid based on what they do. They see the value of work, learning the value of a dollar, and taking more pride in the earning by actively participating.
- **Veteran's Affairs:** Albert Gomez, Director of the local Farmington Veteran (tm)s Administration Center was our guest this week. We discussed the many benefits that are available to vets, and some benefits that veterans may not even know they qualify for. We also talked about upcoming events, and how local veterans can take part. To end the show, we focused on the horrible effects and results of PTSD, Post Traumatic Stress Disorder. There is good news though, recent studies show that suicide rates are lowering, even if very slowly.

**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
Higher Education/Student Loans	Four Corners Focus/FAFSA Fest/Financial Aid	One major reason blocking people from continuing their education is money. How to further an education with the extensive costs of	Darla Santillanes SJC	10/01/2017 07:28 AM	029:48

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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tuition, lab supplies, living, etc.? One way is through scholarships and grants. Receiving money for education is often overlooked, simply because students don't know where to go. San Juan College's Darla Santillanes spoke about student financing, centering on FAFSA, Free Application for Federal Student Aid. A simple form that can help slash money from student costs, with federal grants. FAFSA has rules and limits, but students who don't apply could be missing out!

Homeless	Four Corners Focus/Four Corners Foundation	Four Corners Foundation serves the area as a non-profit focused mainly on the plight of the homeless. They spearheaded efforts to build the new PATH, People Assisting the Homeless Shelter, and transitional apartment building. Amy Williams, Executive Director, spoke about how they are dedicated to publicizing other non-profits too, and are hosting an event to get other non-	Amy Williams	10/08/2017 07:26 AM	030:17
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>profits together to network with each other. All in attendance may participate in a Trivia Bowl where the winning team will receive \$5000 for their organization. The public is also invited to learn more.</p>			
<p>High School After School Activities</p>	<p>Four Corners Focus/PV Drama Club</p>	<p>Students from the Piedra Vista High School Drama Club were our guests to discuss the club, how to get involved, and how drama helps students develop in many ways. From self confidence and esteem, reading and public speaking, and teamwork, where students learn to work together for the betterment of a production. Drama Club helps shy students find a voice, and achieve things they never thought they could. Expanding imagination also helps expand the thinking of a student, allowing them to open new horizons.</p>	<p>Hailegh Bassing/Adriana Mille</p>	<p>10/15/2017 07:26 AM</p>	<p>030:50</p>
<p>Poverty/Low Income Assistance</p>	<p>Four Corners Focus/Coats and Clothes For Kids</p>	<p>Brian Turner from Kiwanis spoke to us about the issues we have in our community regarding children</p>	<p>Brian Turner/Kiwanis Del Sol</p>	<p>10/22/2017 07:28 AM</p>	<p>027:59</p>

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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with no coat or clothing for the upcoming winter season. Rio Del Sol Kiwanis runs two programs this time of year, Coats for Kids and Clothes for Kids. People can donate new or gently used coats for distribution to children in need. Also, they hold a cash drive to benefit Clothes For Kids. For this drive, a local school is chosen to receive \$100 for each child in need to go clothing shopping with an adult volunteer.

Learning Disabilities	Four Corners Focus/Music Helps Me Be Understood	Dave Savage was our guest this week and our show centered on ways in which music can unlock the potential of those who struggle with reading, writing, math, organizational skill or focus. 1 in 5 people have learning and attention issues, like ADHD and dyslexia. The show featured stories from experts, teachers, parents and kids with learning and attention issues and how music can have a large impact on these children (tm)s lives.	Dave Savage	10/29/2017 07:30 AM	030:00
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Musicians On Call	Four Corners Focus/The Sounds Of Heroes/Musicians On Call	Our show this week paid tribute to America's war heroes and active duty members of the military. We told the story of Musicians On Call's mission of bringing musicians into hospitals, nursing homes and hospice centers, where artists perform bedside for patients to lift spirits of those who have served our country. In addition, the program highlighted The Long Road Home, an eight part series airing on the National Geographic Channel that tells the true story of a platoon of troops being ambushed in Baghdad that became known as Black Sunday.	Bobby Bones	11/05/2017 07:30 AM	030:00
Veteran's Affairs	Four Corners Focus/Farmington Veteran's Administration	Albert Gomez, Director of the local Farmington Veteran (tm)s Administration Center was our guest this week. We discussed the many benefits that are available to vets, and some benefits that veterans may not even know they qualify for. We also talked about upcoming events,	Albert Gomez	11/12/2017 07:30 AM	030:00

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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and how local veterans can take part. To end the show, we focused on the horrible effects and results of PTSD, Post Traumatic Stress Disorder. There is good news though, recent studies show that suicide rates are lowering, even if very slowly.

Animal Welfare/Rescue	Four Corners Focus/OCHATT Animal Rescue	This week Amy Harden and Jackie Cote of OHCAAT, One Homeless Critter At A Time were our guests. We covered local issues such as animal rescue, population control and adoption here in the Farmington area. We also discussed the importance of spay and neuter programs available in our area, feral cat control, puppy mills and the advantages of adopting shelter animals over purchasing a pet. The subject of pet safety in the winter was also discussed in length, reminding listeners that outdoor pets need a warm spot to go to when the weather turns cold during the winter months.	Jackie Coty/Amy Harden	11/19/2017 07:27 AM	029:31
Diabetes	Four Corners	November is	Cathy	11/26/2017	031:06

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Education/Awareness	Focus/Diabetes Awareness	<p>Diabetes Awareness Month, so Sandra Grunwald and Cathy Graine from San Juan Regional Medical Center came down to talk about where diabetes care and education has been and the advancements in treatment. The discussion included lots of information to share with relatives and loved ones of patients, some tips for patients regarding diet and exercise, and maybe importantly, words of encouragement to those suffering with, and frustrated by this deadly disease. San Juan Regional offers free Diabetes Education classes, and listeners were invited to join in on these free classes.</p>	Graine/Sandra Grunwald	07:27 AM	
Sexual Assault/Harassment	Four Corners Focus/Sexual Harassment in the Workplace	<p>With the wildfire of accusations going on in Hollywood and Washington, our topic of discussion this week was about sexual harassment in the workplace. Our guest was Eleana Butler, Director of Sexual Assault Services of Northwest New Mexico. Our focus of discussion</p>	Eleana Butler	12/03/2017 07:26 AM	031:20

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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centered on the definition, what constitutes sexual harassment, and maybe most importantly, what should one do if you they feel uncomfortable in a situation dealing with the subject matter of sexual or non-sexual harassment. A take-away point from the discussion was to think seriously about the issue, and be more thoughtful about behavior, and the harm it can cause.

Grief and Trauma Counseling	Four Corners Focus/Aftermath Aztec High School Shooting	Amber Layton of LPCC Counseling Services was our guest this week to discuss the tragic events of the Aztec High School shootings that ended the lives of two students earlier in the week. She spoke in detail on how students and parents alike should deal with the pain and shock this event has brought to our community. We discussed the importance of communication, talking about feelings, finding venues to communicate those feelings, whether in a group setting or privately. We also discussed triggers	Amber Layton/LPCC	12/10/2017 07:27 AM	030:04
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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to be aware of and the after effects of trauma and grief.

Teen Volunteerism	Four Corners Focus/VIP Program	<p>You see it all over- at the store, the mall, the office and at school. What is it? Fundraising. Students selling cookies, candy, popcorn & many other things to raise funds for trips, uniforms, school clubs, and many other things. The local VIP Program takes that one step further by allowing youth to actually earn wages against sweat equity to raise money. Groups take on projects and are paid based on what they do. They see the value of work, learning the value of a dollar, and taking more pride in the earning by actively participating.</p>	Shantel Cooper	12/17/2017 07:26 AM	031:07
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Children's Activities/Recreation	Four Corners Focus/Sycamore Park Community	<p>Vonna Victor was our guest this week to discuss the events at Sycamore Park Community Center. Every day, youth in our community are learning valuable lessons at the center, not just homework help or computer lab, but human interaction, proper behavior, cooperation and</p>	Vonna Victor	12/24/2017 07:28 AM	027:50
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>more real life skills that will help them as they grow older. We talked about the use of the facility and discussed field trips and other planned activities. Finally, we discussed the upcoming Daddy-Daughter Dance, the Mother-Son Dodgeball tournament and Ice Cream Social.</p>			
Homeless	<p>Four Corners Focus/PATH: People Assisting The Homeless</p>	<p>We discussed the homeless issue in Farmington this week. Joining us was Jonna Sharpe, Executive Director of the PATH Shelter. The problem is two-fold in the area: we have a pure homeless population, those who need a safe, sustaining place to stay while they make the transition back to a better life---and those who come from a rehab situation, who also need a place to reside where they won't be tempted by alcohol or drugs as they make their way toward transitional housing, employment, and rebuilding their life. Jonna discussed the options available for those in need in our region.</p>	Jonna Sharpe	<p>12/31/2017 07:27 AM</p>	030:26

Section II
NETWORK (and/or SYNDICATED) PROGRAMMING

Section II lists the network-provided (and/or syndicated) programming that the station broadcast during the preceding calendar quarter that addresses community issues.

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



Call Letters: KCQL-AM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2017

Show # 2017-40

Date aired: 10/11 Time Aired: 7:00a

Roby Greenwald, PhD, Assistant Professor from the School of Public Health, Georgia State University

Traffic pollution research has traditionally been conducted with outdoor roadside sensors. Dr. Greenwald led a study with sensors mounted inside the passenger compartments of cars, and found that interior pollution levels were twice as high as previously thought. He talked about the various forms of pollution he found and their potential health effects.

Issues covered:

Length: 8:54

Pollution
Personal Health

Rebekah H. Nagler, PhD, Assistant Professor in the Hubbard School of Journalism & Mass Communication, University of Minnesota

Dr. Nagler led a study that found that most American women aren't aware of the risks of over diagnosis and overtreatment in regards to breast cancer screening. She discussed the challenges of educating women about these risks so they can make informed decisions about mammograms and breast cancer screening.

Issues covered:

Length: 8:18

Cancer
Women's Issues

Meghan Busse, PhD, Associate Professor of Management and Strategy at the Kellogg School of Management at Northwestern University

Dr. Busse was the co-author of a study that found women frequently are quoted higher prices for car repairs than men. The research also found that consumers (of any gender) who do their homework about the cost of repairs usually pay less. She offered advice on how to avoid being ripped off

Issues covered:

Length: 4:50

Consumer Matters
Gender Discrimination
Women's Issues

Show # 2017-41

Date aired: 10/18 Time Aired: 7:00A

Suzanne Bouffard, PhD, expert in child development and education, author of "*The Most Important Year: Pre-Kindergarten and the Future of Our Children*"

Dr. Bouffard discussed the critical importance of pre-school programs. She noted that children who attend quality pre-K programs have a host of positive outcomes including better language, literacy, problem-solving and math skills later in school. She said also they have a leg up on the most essential skill: self-control. She offered advice for parents on how to choose a quality pre-school.

Issues covered:

Length: 8:41

Education
Parenting

Robert Stern, Ph.D., Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, Director of the Clinical Core of the Boston University Alzheimer's Disease Center, Director of Clinical Research for the Boston University Chronic Traumatic Encephalopathy (CTE) Center

Dr. Stern led a study that found that athletes who began playing tackle football before the age of 12 had more behavioral and cognitive problems later in life than those who started playing after they turned 12. He outlined the symptoms of CTE, and discussed the factors that parents should consider before allowing their child to participate in contact sports.

Issues covered:

Length: 8:32

Youth at Risk
Personal Health
Parenting

Julia Leonard, graduate student in Brain and Cognitive Sciences at the Massachusetts Institute of Technology

Ms. Leonard was the first author of a study that found that when 1 year olds observe an adult persisting at a challenging task, they themselves try harder when faced with a problem. She explained why developing perseverance in early childhood pays off later in school and other pursuits.

Issues covered:

Length: 5:02

Child Development
Parenting

Show # 2017-42

Date aired: 10/15 Time Aired: 7:00A

Michael Schmidt, Vice Chair of Cozen O'Connor's Labor & Employment Department in New York, publisher and editor of a blog devoted to the interplay between social media and employment law

Social media blunders can cost people their jobs. Mr. Schmidt talked about 1st Amendment rights in the workplace. He explained how to decide if a social media posting may be permissible. He said it's important for employers to formulate clear rules and policies regarding social media, to protect the interests of the company while not infringing on the rights of the employee.

Issues covered:

Length: 7:39

1st Amendment
Employment

Daniel Leffler, MD, Director of Clinical Research at the Celiac Center at Beth Israel Deaconess Medical Center in Boston

Gluten-free diets are popular today, but how many people should be concerned? Dr. Leffler discussed gluten sensitivity and its close cousin, Celiac disease. He said there is no benefit if a healthy person avoids gluten and, in fact, gluten free-diets may cause nutritional deficiencies. He outlined the symptoms of gluten sensitivity and explained how it can be diagnosed and treated.

Issues covered:
Personal Health

Length: 9:20

Eric Finkelstein, PhD, health economist, co-author of "*The Fattening of America*"

Over two-thirds of Americans are overweight or obese. Dr. Finkelstein believes that America's growing waistline is a by-product of our long-term economic and technological success. He said that business and policy makers need to devise strategies to make it cheaper and easier to be thin.

Issues covered:
Personal Health
Government Policies

Length: 5:00

Show # 2017-43

Date aired: 10/22 Time Aired: 7:00A

Elliott Haut, MD, FACS, Associate Professor of Surgery and Anesthesiology & Critical Care Medicine, Johns Hopkins University School of Medicine

Dr. Haut led a study that found that victims of gunshots or stabbings taken to a trauma center by private vehicle were 62% less likely to die compared to victims transported by an ambulance or EMS vehicle. He talked about the possible reasons behind this finding. He also explained why it is so important for the average person to be taught how to use direct pressure to stop bleeding.

Issues covered:
Emergency Preparedness
First Aid
Personal Health

Length: 9:00

Vicki Bogan, PhD, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University, founder and director of the Institute for Behavioral and Household Finance

Mental health problems can have a large negative effect on retirement savings, according to Dr. Bogan's research. She discussed her study, which found that people with anxiety and depression are nearly 25 percent less likely to have a retirement savings account, and their savings are dramatically smaller than those without psychological distress.

Issues covered:
Mental Health
Retirement Planning

Length: 8:08

May McCarthy, serial entrepreneur, author of *"The Path to Wealth: Seven Spiritual Steps to Financial Abundance"*

Ms. McCarthy talked about the biggest surprises encountered by people who start their own business. She described the characteristics of successful entrepreneurs, and why owning a business can be very rewarding.

Issues covered:
Entrepreneurism
Career

Length: 4:51

Show # 2017-44

Date aired: 10/29 **Time Aired:** 1:00A

Abby Eisenkraft, tax and financial expert, author of *"101 Ways to Stay Off the IRS Radar"*

In all the discussions about the Equifax data breach, here's one danger many Americans probably haven't heard about yet: tax fraud. For years to come, thieves may be able to use data from the breach to file fraudulent tax returns and steal refunds. Ms. Eisenkraft outlined the warning signs and explained what consumers can do to protect themselves.

Issues covered:
Tax Fraud
Identity Theft

Length: 7:58

Gita Johar, PhD, Meyer Feldberg Professor of Business, Columbia Business School

Fake news is common on social media sites. Dr. Johar led a study that found that the comfort of being part of a group on social media seemed to influence people's willingness to verify information. She offered theories on why social media users fact-checked fewer statements when they perceived that others were present. She offered suggestions of how Americans can try to stay informed but still recognize dubious information.

Issues covered:
Media Issues

Length: 9:12

Dr. Christopher M. Smith, PhD Student in Health Sciences, Warwick Medical School, Coventry, England

Automated external defibrillators might be increasingly available for use in the event of a cardiac arrest, but Dr. Smith led a study that found that they aren't being used nearly as much as they should be. He talked about the reasons that bystanders are reluctant to use AEDs and what government officials can do to help.

Issues covered:
First Aid
Emergency Preparedness
Personal Health

Length: 5:05

Show # 2017-45

Date aired: 11/5 Time Aired: 7:00A

Tim Larkin, self defense expert, author of "*When Violence Is the Answer: Learning How to Do What It Takes When Your Life Is at Stake*"

Mr. Larkin discussed the use of violence in self-defensive situations. He discussed ways to prevent, prepare for, and survive violent encounters with criminals. He said that violence is a tool equally effective in the hands of the "bad guy" or the "good guy" and that that the person who acts first, fastest and with the full force of their body is the one who typically survives a violent incident.

Issues covered:

Length: 9:21

**Personal Defense
Crime**

Gail Heyman, PhD, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

Issues covered:

Length: 7:50

**Racial Bias
Diversity**

Doug Abrams, author of "*The Book of Joy Journal*"

Mr. Abrams discussed a conversation he moderated between Archbishop Desmond Tutu and His Holiness the Dalai Lama, on the topic of joy. He explained how these two men have intentionally found joy in their lives, despite the hardships they have faced and the many atrocities they have witnessed.

Issues covered:

Length: 4:54

Mental Health

Show # 2017-46

Date aired: 11/12 Time Aired: 7:00A

Scott Galloway, PhD, Professor of Marketing in the Stern School of Business, New York University, author of "*The Four: The Hidden DNA of Amazon, Apple, Facebook, and Google*"

Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Dr. Galloway discussed the concerns in allowing individual companies to have such dominance over American consumers and whether these companies are playing by the rules applied to other businesses.

Issues covered:

Length: 8:56

**Government Regulations
Consumer Matters
Economy**

Katreena Scott, PhD, Associate Professor in the Department of Applied Psychology and Human Development, University of Toronto

Dr. Scott led a study that examined how the workplace is affected by an employee who is involved in domestic violence. She said not only does it result in lowered productivity, but a third of the men reported that they used workplace time and resources to continue to engage in emotionally abusive behavior. She explained how employers can assist employees who have domestic violence issues.

Issues covered:

**Domestic Violence
Workplace Matters
Mental Health**

Length: 8:17

Lawrence J. Cheskin, M.D., F.A.C.P., Associate Professor of Health, Behavior & Society, Johns Hopkins University School of Medicine

Almost 40 percent of American adults and nearly 20 percent of adolescents are obese. Dr. Cheskin led a study that examined the financial costs of being overweight at various stages of life. He said lost productivity on the job accounted for at least 50% of the expense of being overweight, even more than direct medical expenditures.

Issues covered:

**Personal Health
Workplace Matters**

Length: 4:53

Show # 2017-47

Date aired: 11/19 **Time Aired:** 7:00A

Ashley Kendall, PhD, postdoctoral fellow in the University of Illinois at Chicago School of Public Health

Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

Issues covered:

**Youth at Risk
Juvenile Crime**

Length: 8:46

Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario, author of "*The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter*"

Dr. Gibala discussed the value of high intensity workouts. He led a study that found that bursts of short but very intense exercise appear to be just as beneficial as traditional endurance training. He explained why this type of exercise works, and how it can be a good occasional substitute for a conventional workout.

Issues covered:

**Physical Fitness
Personal Health**

Length: 8:29

Daniel McGuinn, editor at Harvard Business Review, author of "*Psyched Up: How the Science of Mental Preparation Can Help You Succeed*"

Of the 2,000 hours we work every year, our success or failure is often determined in the couple of dozen crucial hours when we need to bring our absolute best in a meeting or presentation. Mr. McGuinn discussed the importance of mental preparation in the last few minutes before a major challenge, and offered tips on how to channel nervous jitters into useful emotions.

Issues covered:
Career
Mental Health

Length: 4:59

Show # 2017-48

Date aired: 11/26 **Time Aired:** 7:00A

Jamin Brahmhatt, MD, Urologist, co-director of the Personalized Urology & Robotics Clinic at South Lake Hospital, in affiliation with Orlando Health

Dr. Brahmhatt's organization commissioned a survey that found that far more men can remember their first car than those who can remember when they had their most recent health checkup. He discussed the reasons why an annual checkup is so important and the reasons that men avoid trips to the doctor. He also offered advice to wives who want to encourage their husbands to make health a greater priority.

Issues covered:
Personal Health
Men's Issues

Length: 7:26

Lori LaCivita, PhD, industrial and organizational psychologist

Thanks in part to older workers working past the traditional retirement age, four generations of workers are in the workforce at once for the first time. Dr. LaCivita said each generation prefers different leadership and communication styles, which can trigger challenges in the workplace. She outlined strategies for managers to build strong and effective teams with a diverse pool of employees.

Issues covered:
Workplace Matters
Senior Citizens

Length: 9:47

Ted Labuza, PhD, Ph.D., expert in food safety, Professor in the Department of Food Science and Nutrition at the University of Minnesota

Professor Labuza discussed how to interpret the expiration dates on food labels. Many of the dates don't mean what consumers think they do. He explained how to determine whether a package of food with a past expiration date is safe to eat.

Issues covered:
Food Safety
Consumer Matters

Length: 5:09

Show # 2017-49

Date aired: 12/3 Time Aired: 7:00A

Sean Covey, author of "*The 6 Most Important Decisions You'll Ever Make: A Guide for Teens: Updated for the Digital Age*"

Mr. Covey outlined what he believes are the six largest challenges faced by today's teens. He said the top challenge is dealing with the pressures of school. He also said parents have a far greater impact on their teens than they realize, much more than friends or others. He also explained why it is important for teens to learn to serve others, and to be willing to accept help from others, as well.

Issues covered:

Length: 8:51

Teenage Concerns
Parenting
Education
Volunteerism

Carol Janney, PhD, Assistant Professor of Epidemiology, Michigan State University

Dr. Janney led a study that suggested that it may be wise for mental health providers to add exercise to their patients' treatment plans. In her survey, a large majority of mental health patients said they wanted to exercise more and believed exercise helped improve their moods and anxiety much of the time. She said psychiatrists and other providers may discuss exercise with patients in generalities, but rarely create a comprehensive exercise plan for them or regularly make sure they are adhering to a specific goal.

Issues covered:

Length: 8:21

Mental Health
Physical Fitness

Adam Barry, PhD, Assistant Professor of Health Education, University of Florida

Dr. Barry conducted a study that found that two in five designated drivers had been drinking before getting behind the wheel and that 18% had blood-alcohol levels high enough to impair their driving skills. He outlined the potential reasons that designated driver education campaigns have been less than successful.

Issues covered:

Length: 4:56

Drunk Driving

Show # 2017-50

Date aired: 12/10 Time Aired: 7:00A

Amy Morin, PhD, licensed clinical social worker, college psychology instructor and psychotherapist, author of "*13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success*"

With safe spaces and trigger warnings designed to "protect" kids, many adults worry that today's kids don't have the resilience to reach their greatest potential. Dr. Morin explained why she believes parents must strive to raise mentally strong and resilient children, and offered suggestions on how to do it.

Issues covered:

Length: 7:31

Parenting
Mental Health

Marion McGovern, founder and CEO of M Squared Consulting, one of the first gig-economy talent intermediaries, author of *"Thriving in the Gig Economy"*

The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

Issues covered:

Length: 9:38

Career
Economy

Nadia Lopez, founding principal of Mott Hall Bridges Academy in Brooklyn, NY, author of *"The Bridge to Brilliance: How One Woman and One Community Are Inspiring the World"*

As part of a pilot program in New York City, Ms. Lopez started a middle-grade public school in one of America's poorest communities. She talked about the risks and challenges faced by students in a high crime, low income neighborhood, and how she devised programs to address them.

Issues covered:

Length: 4:54

Education
Poverty
Government Policies

Show # 2017-51

Date aired: 12/17 Time Aired: 7:00A

Laura Adams, Senior Insurance Analyst at insuranceQuotes

Life isn't fair, and neither are auto insurance rates. Ms. Adams said that while some factors that influence insurance prices are within consumers' control, such as the vehicle they drive and their annual mileage, many others are not. She outlined the little-known factors that can have a big impact on the price of insurance.

Issues covered:

Length: 8:17

Consumer Matters

Miriam Boeri, PhD, Associate Professor of Sociology, Bentley University, author of *"Hurt: Chronicles of the Drug War Generation"*

Dr. Boeri interviewed dozens of Baby Boomers who are hooked on illicit drugs. She explained why she believes the War on Drugs has not only failed, but has exacerbated the problem. She said that in the past, once someone reached the age of 35 or so, they would typically quit using hard drugs, but the Baby Boom generation has done the opposite: drug abuse among older Americans is skyrocketing.

Issues covered:

Length: 8:52

Substance Abuse
Government Policies
Senior Citizens
Criminal Justice

John P. Thyfault, PhD, Professor of Nutrition and Exercise Physiology, Director of the Health Activity Center at the University of Missouri

Statins, the most widely prescribed type of cholesterol-lowering drugs, have prevented millions of heart attacks and saved countless lives. But Dr. Thyfault conducted a study that found that statins may also counteract the benefits of exercise, the other tried-and-true way to boost cardiac health. He explained why doctors usually prescribe drugs, rather than recommending exercise or dietary change. He also talked about how much exercise can be effective for people dealing with high cholesterol.

Issues covered:
Personal Health

Length: 5:13

Show # 2017-52

Date aired: 12/24 **Time Aired:** 7:00A

Nicholas Tatonetti, PhD, Assistant Professor of Biomedical Informatics, Director of Clinical Informatics at the Herbert Irving Comprehensive Cancer Center at Columbia University

Dr. Tatonetti's research uncovered a surprising correlation between the month a person is born and their risk of developing various health problems, including heart disease, viral infections and ADHD. His study found 55 diseases that correlated with the season of birth. He explained the time of year a person is born dictates many of the environmental factors they are exposed to during birth and early development.

Issues covered:
Personal Health

Length: 6:54

Michael H. Shuman, economist, attorney, author, and entrepreneur, experts on community economics, author of "*The Local Economy Solution*"

Mr. Shuman believes the entire process of local economic development has become ineffective and unaffordable. He said the traditional method of chasing large companies with huge taxpayer subsidies creates very few new jobs. He is a proponent of alternative approaches in which states and cities encourage private ventures that help local businesses launch and grow.

Issues covered:
Economic Development
Employment

Length: 10:12

Bill Bishop, author of "*The Big Sort*"

America may be more diverse than ever, but Mr. Bishop believes that the nation's neighborhoods are becoming too divided—culturally, economically and politically. He said that the places where Americans live are becoming increasingly populated with people who live, think, and vote as they do. He explained what is behind this movement and why it is not a positive development.

Issues covered:
Community
Diversity Issues

Length: 5:03

Show # 2017-53

Date aired: 12/31 Time Aired: 7:00A

Sheila Markin Nielsen, career counselor with more than 25 years of experience, author of "*Job Quest: How to Become the Insider Who Gets Hired*"

The search for a job can seem intimidating and frustrating for most people. Ms. Markin Nielsen said the most critical component in any successful job search is to establish personal relationships. She outlined strategies to create personal connections and trust with key people. She discussed the usefulness of online tools such as LinkedIn, along with the value of resumes in today's employment environment.

Issues covered:

Length: 10:25

Employment
Career

Jennifer Suor, researcher, PhD candidate in clinical psychology at the University of Rochester

Ms. Suor's research found that children from low-income families are at risk of stunted cognitive functioning before they even start kindergarten. Her team found that young children with emotionally distant caregivers and who lived in an unstable home also had high levels of the stress hormone cortisol, which appears to significantly affect their cognitive abilities.

Issues covered:

Length: 6:44

Education
Parenting

Andy Cohen, CEO, Caring.com

In the past year, approximately 14 million drivers have been in a road incident caused by an elderly driver, according to a survey by Mr. Cohen's organization. He discussed how other motorists view the safety and competence of senior drivers. He also explained how to determine whether an older loved one is no longer fit to drive, and how to approach the topic with them.

Issues covered:

Length: 5:10

Senior Citizens
Traffic Safety

**Section III
PUBLIC SERVICE ANNOUNCEMENTS**

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

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Adoption/Foster Care	Adopt U.S. Kids	000:15	024
Adoption/Foster Care	Adopt U.S. Kids	000:30	052
Adult Coed Kickball	Adopt U.S. Kids	001:00	074
Art & Craft Fair	Elks Lodge	000:28	033
Art & Craft Fair	Salmon Ruins	000:25	020
Art Classes	Riverside Nature Center	000:25	028
Art Show	San Juan College	000:29	012
Autism Awareness	Autism Speaks	000:15	014
Autism Awareness	Autism Speaks	000:30	014
Autism Awareness	Autism Speaks	001:00	017
Blindness	National Foundation for Blind	000:31	025
Book Tour	San Juan College	000:30	017
Bullying Prevention	Ad Council	000:30	028
Buzzed Driving Prevention	NHTSA	000:30	018
Buzzed Driving Prevention	NHTSA	001:00	038
Cancer Awareness	Radiological Society	000:30	022
Cancer Awareness	Radiological Society	001:00	038
Cancer Awareness	Sarcoma Foundation of America	000:30	024
Caregiver Assistance	AARP	000:30	022
Caregiver Assistance	AARP	001:00	036
Child Safety	FEMA	000:15	024
Child Safety	FEMA	000:30	024
Children's Health	March of Dimes	000:15	023
Children's Health	March of Dimes	000:30	020
Children's Health	March of Dimes	001:00	033

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Children's Health	St. Jude Research Hospital	000:29	047
Christmas Concert	San Juan College	000:27	007
College Access	Get Schooled	000:10	004
College Access	San Juan College	000:26	013
College Access	San Juan College	000:29	029
DISTRACTED DRIVING	PROJECT YELLOW LIGHT	000:30	001
Driving Safety	San Juan College	000:29	013
Emergency Preparedness	FEMA	000:15	030
Emergency Preparedness	FEMA	000:30	025
Emergency Preparedness	FEMA	000:59	039
Enviornment	U.S. Forest Service	000:10	003
FAFSA Student Finacial Aid	San Juan College	000:32	004
Fatherhood Involvement	U.S. Health & Human Services	000:30	042
Financial Literacy	AICPA	000:30	022
Financial Literacy	AICPA	000:59	038
FOOD	Bloomfield Boys & Girls Club	000:27	012
Foreign Aid	Doctors Without Borders	001:02	034
Halloween Carnival	San Juan College	000:29	017
Health & Fitness	Bloomfield Police Athletic Le	000:32	010
Health & Fitness	Orchard Park	000:29	015
HEALTH AND FITNESS	SAVE THE MALES	000:30	005
Health Care	U.S. Department of Health	000:20	003
Here To Listen	Ad Council	000:15	024
High School Equivalency	Dollar General Literacy Found	000:30	021
High School Equivalency	Dollar General Literacy Found	001:00	033
Holiday Toy Run	Elks Lodge	000:29	033
Home Safety	FEMA	000:15	042
Jazz Concert	San Juan College	000:25	015
Job Training & Employment	Farmington Public Library	000:29	020

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Job Training & Employment	Goodwill	000:30	019
Job Training & Employment	Goodwill	001:00	040
Learning & Attention Issues	Understood	000:15	024
Learning & Attention Issues	Understood	000:30	019
Learning & Attention Issues	Understood	001:00	032
Library Performance	Ignacio Community Library	000:30	004
Luminaria Display	San Juan College	000:25	015
Meals On Wheels Recruitment	Meals On Wheels America	000:15	023
Meals On Wheels Recruitment	Meals On Wheels America	000:30	018
Meals On Wheels Recruitment	Meals On Wheels America	001:00	036
Museum Exhibit	Farmington Museum	000:28	083
MUSIC	San Juan College	000:27	008
Pathways To Employment	Year Up	000:15	017
Pathways To Employment	Year Up	000:30	041
Pathways To Employment	Year Up	001:00	080
psa	DEPT OF HOMELAND SECURITY	000:30	002
psa	RED WORLD AIDS DAY	000:30	005
Recycling	Keep America Beautiful	000:20	010
RED	RED	000:30	002
SAFE DRIVING	PROJECT YELLOW LIGHT	000:30	001
Seat Belt Safety	NHTSA	000:30	025
Seat Belt Safety	NHTSA	001:00	041
Shelter Pet Adoption	Humane Society of U S	000:15	047
Shelter Pet Adoption	Humane Society of U S	000:30	048
Shelter Pet Adoption	Humane Society of U S	001:00	068
Stroke Awareness	american heart assoc	000:30	028
Stroke Awareness	american heart assoc	001:00	029
Teacher Recruitment	TEACH	000:30	023
Teacher Recruitment	TEACH	001:00	035

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Thanksgiving Dinner	Salvation Army	000:25	013
Theater Arts	San Juan College	000:25	046
Theater Arts	San Juan College	000:26	022
Type 2 Diabetes Prevention	American Diabetes Association	000:30	024
Type 2 Diabetes Prevention	American Diabetes Association	001:00	038
Underage Drinking	NHTSA	000:15	044
us marines	U.S. Marine Corps	000:15	031
us marines	U.S. Marine Corps	000:16	020
VA Benefits Awareness	Albert Gomez/VA	029:09	001
Veterans Affairs	Musicians On Call	030:00	001
Veterans Aid	Paralyzed Veterans of America	000:15	002
Veterans Aid	Wounded Warrior Project	000:30	022
Veterans Aid	Wounded Warrior Project	001:00	039
Wildfire Prevention	U.S. Forest Service	000:15	007
Wildfire Prevention	U.S. Forest Service	000:30	006
Wildfire Prevention	U.S. Forest Service	001:00	009
Winter Solstice Celebration	Farmington Public Library	000:27	013