

KCQL
Farmington, NM
Quarterly Issues/Programs List
First Quarter, 2019
04/01/2019

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:

- **Boys & Girls Clubs:** The annual Mayor's Ball is held each year to raise monies for non-profits in San Juan County. Funds raised in 2018, 2019 and 2020 benefit the Boys & Girls Clubs of Farmington, Bloomfield and Aztec. The mayors of these communities will be in attendance to set an example for their constituents. Attendees contribute funds to purchase individual seats or tables at the ball. The Boys & Girls Clubs have been long standing in our communities, providing mentorship for children. The clubs offer athletic programs, supervised play, home work help and mentoring. Boys & Girls Clubs have long been referred to as, The Club That Beats the Streets, and as a Club Kid.
- **Children's Health:** Current and former Major League Baseball players will share their knowledge of the game with Four Corners youth at the 4th annual Grinders for Grace Camp. The all-skills camp, which is open to boys and girls ages 7 to 14, was started in 2016 to raise money for the Grace Morrissey Medical Foundation. Grace, suffered a brain hemorrhage following her birth, allegedly caused by medical negligence. Adam Morrissey spoke about the camp, and how many major league ballplayers have stepped up to attend and give the youth their knowledge about the game. All funds raised from the event go directly to the non-profit medical foundation
- **Children's Oral Hygiene-Dental Clinic:** Dr. Julius Manz is an instructor at the Dental Hygiene Program at San Juan College. Each year the college program, along with the local Dental Society, team up for the Give Kids a Smile Day, which provides free dental care to economically disadvantaged children between the ages of 5 and 12. Parents and/or a guardian are asked to accompany each child. Some of the free care provided by local dentists and dental hygiene students include x-rays, cleanings, oral exams and other dental treatments. Also included in the program is an educational session for each child on proper dental hygiene and care.
- **Cyber Security:** Dr. Brad Purdy, Dean of the School of Business and Information Technology at San Juan College, discussed the evolving world of cyber security and the need for all to keep up with the increasing risk of cyberspace attacks. CyberCon 2019 is coming to San Juan College next week, with a variety of presentations geared towards how we can prepare for cyber attacks, and how we can be more aware of

potential risks in our lives. We discussed myths of cyber attacks, as well as how to spot reliable sources when it comes to news and information on social media. We also discussed location tracking systems and how your information is being shared almost every time you use your cell phone.

- **Economic Growth/Environmental Impact:** Farmington City Manager Rob Mayes was our guest this week, to speak on the subject of the future of the San Juan Generating Station. SJGS is a coal powered generating station, with the San Juan Mine on site. Mr. Mayes spoke of a new system capable of being more environmentally efficient and more cost effective than fitting the facility for natural gas, solar or wind. What he suggested is a new style of air scrubber, that will almost eliminate pollution concerns, and allow both the generating station and mine to remain open. Keeping the plant in operation will save many jobs, families, and possibly even a town.
- **Free Tax Preparation/Continuing Education:** Kathy Elliott of San Juan College was our guest this week and discussed the free income tax preparation service being provided again this year through Four Corners Tax Help. Four Corners Tax Help, a Volunteer Income Tax Assistance program, was created in 2016 when the college was awarded the IRS VITA Grant. Four Corners Tax Help offers free tax help to moderate and low income taxpayers, persons with disabilities, students and limited English speaking taxpayers who need assistance, and the program will run through April 13, 2019. Trained and certified students and volunteers will prepare 2018 taxes and file them electronically. CPAs and EAs can earn credits in continuing education as a volunteer tax preparer.
- **Heart Health:** Laura Webner and Susan Steinhoff of San Juan Regional Medical Center spoke about National Heart Month and events the hospital is sponsoring. On February 23rd, the Goosebump Race, a 5K and one mile fun run will benefit the Medical Foundation (tm)s Charles E. Wilkins (tm) Scholarship Fund for Cardiovascular Excellence. The fund will provide education, training and certification to SJRMC providers in their cardiology program. Our guests also spoke about the A Fair of the Heart health fair. Visitors will receive several free screenings including baseline EKGs, blood pressure checks, Body Mass Index measurement, target heart rate calculation, and risk for peripheral vascular disease. Attendees will also have the chance to ask a cardiologist health questions. Also offered will be free CPR and AED training classes.
- **Non-Profit Fund Raising:** The national TV show, Dancing with the Stars, has been adapted to work on a local level as a fundraising vehicle. Christa Chapman of the City of Farmington spoke about the upcoming show, where six local stars will compete in a fully produced show with professional dancers. The locals practice routines with the pros for a week prior to the show. All funds raised from the performance go the charity of the winners choice. The local stars include Jamie Church, CEO/President of the Farmington Chamber of Commerce; Liesl Dees, Director of the Community Learning Center at San Juan College; Tina Pacheco-White, Director of First Tee San Juan County; Aztec City Commissioner Sherri Sipe; Farmington Police Chief Steve Hebbe; and

Farmington Fire Chief David Burke.

- **Reading Programs/Social Services:** Jenny Lee Ryan of the Farmington Public Library was our guest this week, to discuss the 15th anniversary at the new location of the Farmington Public Library. Before being built, the city hired an architectural agency to take on the design to bring the outside of the Four Corners literally to the inside of the library, whether it was fossil formations, or indicators on the stones on the floor that would indicate when the seasons change. Many services are provided at the facility including the Teen Zone, Book Sale, Homework Help, Maker (tm)s Space and Storytime Place. We also discussed plans for the 15th Anniversary celebration.
- **Sexual Assault Services:** April is National Sexual Assault Awareness Month. To mark this time, an uptick is seen in programming and activities related to education about sexual assault. We spoke about free emergency services available, and why they should be used. We discussed the local 24/7 Crisis Line, available to all victims, and our guest spoke about how victims are just that, victims. We wrapped up the show talking about Take Back The Night , a nationwide program where marches are held across the country in streets, parks and campuses to show strength and support for sexual assault victims.
- **Special Olympics:** Officers of the Farmington Police Department were our guests to discuss the upcoming high dive challenge, a fundraising event for Special Olympics New Mexico. The event, organized by Farmington police raises funds for the Law Enforcement Torch Run, an organization that raises funds and awareness for Special Olympics. Of the four state games held annually, two are held in Farmington. A Poly Hockey tournament runs in February, and in August, the Special Olympics Four Corners Invitational will be held. Sports include swimming, softball and golf, Approximately 4,500 people participate, including athletes, coaches and support. Cost for the events is nearly \$75,000. Many dedicated officers offer help, from 70 different law enforcement agencies in the state of New Mexico.
- **Women's Services:** In honor of International Women (tm)s Month, Jessica Stopani from Masada House was our guest this week to discuss the services offered, and an upcoming fundraiser to benefit the non-profit. Masada house is a place for women to find a safe, structured and supportive sober living residential program for those who want to maintain a sober lifestyle and successfully transition to productive, independent living. The event Music for Masada House is a fundraiser with dinner; dancing and a silent auction, all benefiting the house. Proceeds from the event will go to food and household supplies, utilities, and the upkeep of the house.
- **Youth Leadership:** Every year, the St. Mary's Catholic Church Youth Group holds a cheese enchilada take-out. Some 900 dozen enchiladas and 800 quarts of chili are made to sell as a fund raiser. Preparing the food and running the sale teaches the members discipline and organization, along with the idea that you must work for the things in life you want. The youth group also does service projects throughout the year that includes feeding and clothing the poor and homeless. They learn from it, both in the fact that they don't want to be in the situations they see, and the fact they are making life better for

others.

**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
Children's Health	Four Corners Focus/Grinders for Grace	Current and former Major League Baseball players will share their knowledge of the game with Four Corners youth at the 4th annual Grinders for Grace Camp. The all-skills camp, which is open to boys and girls ages 7 to 14, was started in 2016 to raise money for the Grace Morrissey Medical Foundation. Grace, suffered a brain hemorrhage following her birth, allegedly caused by medical negligence. Adam Morrissey spoke about the camp, and how many major league ballplayers have stepped up to attend and give the youth their knowledge about the game. All funds raised from the event go directly to the non-	Adam Morrissey	01/06/2019 07:28 AM	030:20

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		profit medical foundation			
Heart Health	Four Corners Focus/Affair of the Heart	Laura Webner and Susan Steinhoff of San Juan Regional Medical Center spoke about National Heart Month and events the hospital is sponsoring. On February 23rd, the Goosebump Race, a 5K and one mile fun run will benefit the Medical Foundation (tm)s Charles E. Wilkins (tm) Scholarship Fund for Cardiovascular Excellence. The fund will provide education, training and certification to SJRMC providers in their cardiology program. Our guests also spoke about the A Fair of the Heart health fair. Visitors will receive several free screenings including baseline EKGs, blood pressure checks, Body Mass Index measurement, target heart rate calculation, and risk for peripheral vascular disease. Attendees will also have the chance to ask a cardiologist health questions. Also offered will be free CPR and	Laura Werbner/Susan Steinhoff	01/13/2019 07:27 AM	030:35

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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AED training classes.

Special Olympics	Four Corners Focus/High Dive Challenge	<p>Officers of the Farmington Police Department were our guests to discuss the upcoming high dive challenge, a fundraising event for Special Olympics New Mexico. The event, organized by Farmington police raises funds for the Law Enforcement Torch Run, an organization that raises funds and awareness for Special Olympics. Of the four state games held annually, two are held in Farmington. A Poly Hockey tournament runs in February, and in August, the Special Olympics Four Corners Invitational will be held. Sports include swimming, softball and golf, Approximately 4,500 people participate, including athletes, coaches and support. Cost for the events is nearly \$75,000. Many dedicated officers offer help, from 70 different law enforcement</p>	Officers Byers, Spruell and Lien	01/20/2019 07:30 AM	029:30
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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agencies in the state of New Mexico.

Children's Oral Hygiene-Dental Clinic	Four Corners Focus/Give Kids A Smile Day	<p>Dr. Julius Manz is an instructor at the Dental Hygiene Program at San Juan College. Each year the college program, along with the local Dental Society, team up for the Give Kids a Smile Day, which provides free dental care to economically disadvantaged children between the ages of 5 and 12. Parents and/or a guardian are asked to accompany each child. Some of the free care provided by local dentists and dental hygiene students include x-rays, cleanings, oral exams and other dental treatments. Also included in the program is an educational session for each child on proper dental hygiene and care.</p>	Dr. Julius Manz DDM	01/27/2019 07:30 AM	029:30
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Youth Leadership	Four Corners Focus/St. Mary's Youth Group	<p>Every year, the St. Mary's Catholic Church Youth Group holds a cheese enchilada take-out. Some 900 dozen enchiladas and 800 quarts of chili</p>	Members Rueben, Wyatt, Quinn	02/03/2019 07:26 AM	030:52
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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are made to sell as a fund raiser. Preparing the food and running the sale teaches the members discipline and organization, along with the idea that you must work for the things in life you want. The youth group also does service projects throughout the year that includes feeding and clothing the poor and homeless. They learn from it, both in the fact that they don't want to be in the situations they see, and the fact they are making life better for others.

Boys & Girls Clubs	Four Corners Focus/Mayor's Ball	<p>The annual Mayor's Ball is held each year to raise monies for non-profits in San Juan County. Funds raised in 2018, 2019 and 2020 benefit the Boys & Girls Clubs of Farmington, Bloomfield and Aztec. The mayors of these communities will be in attendance to set an example for their constituents. Attendees contribute funds to purchase individual seats or</p>	Nikki Taylor	02/10/2019 07:32 AM	026:12
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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tables at the ball. The Boys & Girls Clubs have been long standing in our communities, providing mentorship for children. The clubs offer athletic programs, supervised play, home work help and mentoring. Boys & Girls Clubs have long been referred to as, The Club That Beats the Streets, and as a Club Kid.

Free Tax
Preperation/Continuing
Education

Four Corners
Focus/Free Tax
Help

Kathy Elliott of San Juan College was our guest this week and discussed the free income tax preparation service being provided again this year through Four Corners Tax Help. Four Corners Tax Help, a Volunteer Income Tax Assistance program, was created in 2016 when the college was awarded the IRS VITA Grant. Four Corners Tax Help offers free tax help to moderate and low income taxpayers, persons with disabilities, students and limited English speaking taxpayers who need assistance, and the

Kathy
Elliot/Program
Director

02/17/2019
07:26 AM

031:09

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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program will run through April 13, 2019. Trained and certified students and volunteers will prepare 2018 taxes and file them electronically. CPAs and EAs can earn credits in continuing education as a volunteer tax preparer.

Reading Programs/Social Services

Four Corners Focus/Farrmington Public Library

Jenny Lee Ryan of the Farmington Public Library was our guest this week, to discuss the 15th anniversary at the new location of the Farmington Public Library. Before being built, the city hired an architectural agency to take on the design to bring the outside of the Four Corners literally to the inside of the library, whether it was fossil formations, or indicators on the stones on the floor that would indicate when the seasons change. Many services are provided at the facility including the Teen Zone, Book Sale, Homework Help, Maker (tm)s Space and Storytime Place. We also discussed plans for

Jenny Lee Ryan

02/24/2019 07:26 AM

030:22

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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the 15th Anniversary celebration.

Non-Profit Fund Raising	Four Corners Focus/Dancing with the Farmington Stars	<p>The national TV show, Dancing with the Stars, has been adapted to work on a local level as a fundraising vehicle. Christa Chapman of the City of Farmington spoke about the upcoming show, where six local stars will compete in a fully produced show with professional dancers. The locals practice routines with the pros for a week prior to the show. All funds raised from the performance go the charity of the winners choice. The local stars include Jamie Church, CEO/President of the Farmington Chamber of Commerce; Liesl Dees, Director of the Community Learning Center at San Juan College; Tina Pacheco-White, Director of First Tee San Juan County; Aztec City Commissioner Sherri Sipe; Farmington Police Chief Steve</p>	Christa Chapman	03/03/2019 07:26 AM	029:55
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		Hebbe; and Farmington Fire Chief David Burke.			
Women's Services	Four Corners Focus/Music for Masada House	In honor of International Women (tm)s Month, Jessica Stopani from Masada House was our guest this week to discuss the services offered, and an upcoming fundraiser to benefit the non-profit. Masada house is a place for women to find a safe, structured and supportive sober living residential program for those who want to maintain a sober lifestyle and successfully transition to productive, independent living. The event Music for Masada House is a fundraiser with dinner; dancing and a silent auction, all benefiting the house. Proceeds from the event will go to food and household supplies, utilities, and the upkeep of the house.	Jessica Stopani	03/10/2019 07:27 AM	029:22
Economic Growth/Environmental Impact	Four Corners Focus/San Juan Generating Station	Farmington City Manager Rob Mayes was our	Rob Mays, City Manager	03/17/2019 07:26 AM	031:49

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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guest this week, to speak on the subject of the future of the San Juan Generating Station. SJGS is a coal powered generating station, with the San Juan Mine on site. Mr. Mayes spoke of a new system capable of being more environmentally efficient and more cost effective than fitting the facility for natural gas, solar or wind. What he suggested is a new style of air scrubber, that will almost eliminate pollution concerns, and allow both the generating station and mine to remain open. Keeping the plant in operation will save many jobs, families, and possibly even a town.

Cyber Security	Four Corners Focus/Cyber Con	Dr. Brad Purdy, Dean of the School of Business and Information Technology at San Juan College, discussed the evolving world of cyber security and the need for all to keep up with the increasing risk of cyberspace attacks. CyberCon	Dr. Brad Purdy	03/24/2019 07:27 AM	029:32
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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2019 is coming to San Juan College next week, with a variety of presentations geared towards how we can prepare for cyber attacks, and how we can be more aware of potential risks in our lives. We discussed myths of cyber attacks, as well as how to spot reliable sources when it comes to news and information on social media. We also discussed location tracking systems and how your information is being shared almost every time you use your cell phone.

Sexual Assault Services	Four Corners Focus/Take Back The Night	<p>April is National Sexual Assault Awareness Month. To mark this time, an uptick is seen in programming and activities related to education about sexual assault. We spoke about free emergency services available, and why they should be used. We discussed the local 24/7 Crisis Line, available to all victims, and our guest spoke about how victims are just that,</p>	Brandi Rose Wright	03/31/2019 07:27 AM	030:02
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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victims. We wrapped up the show talking about Take Back The Night, a nationwide program where marches are held across the country in streets, parks and campuses to show strength and support for sexual assault victims.

**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.)



Date aired: 1/6/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-01

Total running time: 29:30 (with optional exit at 24:00)

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

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

Issues covered:
Civic Participation
Voting
Youth Concerns

Length: 8:34

2. **Matt Schulz**, Senior Industry Analyst at CreditCards.com

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

Issues covered:
Personal Finance
Consumer Matters

Length: 8:27

3. **Laurence J. Kotlikoff, PhD**, William Fairfield Warren Distinguished Professor, Professor of Economics at Boston University, President of Economic Security Planning, Inc, author/co-author of 16 books on retirement planning, economics and personal finance

Dr. Kotlikoff has developed the first retirement planning software built by economists. He explained how the "Economist Approach" differs from traditional retirement advice. He said the new approach can help consumers determine the highest level of spending their household can sustain over time, in order to live within their means for the remainder of their lives.

Issues covered:
Retirement Planning
Senior Citizens

Length: 4:56



Date aired: 1/13/19 Time Aired: 7:00a

Weekly Public Affairs Program

Show # 2019-02

Total running time: 29:30 (with optional exit at 24:00)

1. **Angela Fagerlin, Ph.D.**, Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation

Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.

Issues covered:
Personal Health

Length: 7:29

2. **Teresa Gil, PhD**, psychotherapist, author of "*Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation*"

Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

Issues covered:
Sexual Abuse
Parenting
Mental Health

Length: 9:40

3. **Jennifer Emond, PhD**, member of the Cancer Control Research Program at Dartmouth College's Norris Cotton Cancer Center, Assistant Professor in the Department of Biomedical Data Science, Geisel School of Medicine

Advertising works, and Dr. Emond's study found that kids who were exposed to TV ads for high-sugar cereals were more likely to subsequently eat the cereals they had seen advertised. She talked about the effect this may have on diet quality and childhood obesity, and offered suggestions to parents on how to maintain control of TV watching, particularly for small children.

Issues covered:
Parenting
Obesity
Consumer Matters

Length: 4:51



Weekly Public Affairs Program

Date aired: 1/20/19 Time Aired: 7:00A

Show # 2019-03

Total running time: 29:30 (with optional exit at 24:00)

1. **Alan Schroeder, MD**, Clinical Professor of Pediatrics at the Stanford University School of Medicine

Each year, thousands of teenagers and young adults are prescribed opioids for pain relief after having their wisdom teeth removed. Dr. Schroeder led a study that found almost 6 percent of these patients were diagnosed with opioid abuse during the 12 months after the initial prescription. He discussed alternate options for pain relief. He said wisdom tooth extraction is by far the most common surgical procedure for adolescents and young adults but there is very little research that supports the widespread use of the procedure.

Issues covered:

**Drug Abuse
Personal Health**

Length: 7:26

2. **Elizabeth Emens, PhD**, Isidor and Seville Sulzbacher Professor of Law at Columbia Law School, author of "*Life Admin: How I Learned to Do Less, Do Better, and Live More*"

Every day an unseen form of labor creeps into our lives—the kind of secretarial and managerial work necessary to run a life and a household. Dr. Emens discussed how this labor is created, how it affects our lives, and how we might avoid, reduce, and redistribute admin whenever possible—as individuals and as a society.

Issues covered:

**Personal Productivity
Parenting
Career
Education**

Length: 9:40

3. **Marcos A. Rangel, PhD**, Applied Microeconomist, Assistant Professor in the Sanford School of Public Policy Medicine at Duke University

Dr. Rangel led a study that found that immigrant children are nearly twice as likely to study and pursue careers in STEM fields (Science, Technology, Engineering and Mathematics) as children born in the US. He believes that because immigrant students are less comfortable communicating in English than their native-born peers, they gravitate toward subjects where the language barrier is less of an impediment.

Issues covered:

**Education/ STEM
Immigration**

Length: 4:51



Date aired: 1/27/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-04

Total running time: 29:30 (with optional exit at 24:00)

1. **Tasleem Padamsee, PhD**, Assistant Professor of Health Services Management and Policy at Ohio State University

Dr. Padamsee led a study that found that African-American women at high risk of breast cancer are less likely than white women to pursue potentially life-saving preventive care. She talked about the most common preventative steps that at-risk patients can take. She also encouraged patients to talk to their physicians about cancer risk concerns.

Issues covered:
Cancer Prevention
Minority Concerns
Women's Issues

Length: 7:26

2. **James Clear**, author of "*Atomic Habits: Tiny Changes, Remarkable Results*"

Mr. Clear offered strategies aimed at forming good habits, breaking bad ones, and mastering the tiny behaviors that lead to extraordinary results. He explained how to find the underlying causes of bad habits and why that can help to correct them. He offered examples of ways to redesign an environment to break bad habits.

Issues covered:
Personal Productivity
Personal Health

Length: 9:40

3. **Neil Dawson, BSc, PhD**, Lecturer in Biomedicine at Lancaster University, Lancaster, United Kingdom

It's well known that marijuana use has a negative impact on brain function and memory. Dr. Dawson's research team examined what specific areas of the brain are affected by long term use, for both recreational users and patients who use the drug to combat epilepsy, multiple sclerosis and chronic pain. He said long term use of the drug impairs the ability of brain regions involved in learning and memory to communicate with each other.

Issues covered:
Drug Abuse
Personal Health

Length: 4:51



Date aired: 2/3/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-05

Total running time: 29:30 (with optional exit at 24:00)

1. **Bryan E. Robinson, PhD**, psychotherapist, Professor Emeritus at the University of North Carolina at Charlotte, author of *"#Chill: Turn Off Your Job and Turn On Your Life"*

It is common knowledge that good health and happiness depends on having proper balance between our professional and private lives. Dr. Robinson explained how ending the cycle of work addiction can be achieved by reframing priorities and cultivating mindfulness in our daily lives. He outlined the benefits of mediation to let go of anxiety and focus on the moment.

Issues covered:
Mental Health
Personal Health
Career

Length: 7:26

2. **Jonathan Adkins**, Executive Director of the Governors Highway Safety Association

Mr. Adkins discussed a recent report from his organization that highlighted excessive vehicle speed as a persistent factor in nearly one-third of all motor vehicle-related fatalities. He believes that speeding is not given enough attention as a traffic safety issue and is widely deemed culturally acceptable by the motoring public. He outlined several public policy measures that he believes would help to reduce speeding.

Issues covered:
Traffic Safety
Government Policies

Length: 9:40

3. **Regina Leeds**, professional organizer, author of *"The 8-Minute Organizer"*

Nearly everyone can use some help in getting organized. Ms. Leeds talked about the reasons that keeping order in our lives and possessions is so difficult. She offered small, step-by-step suggestions on how determine goals to get organized, and how to create positive routines for the long-term.

Issues covered:
Consumer Matters
Mental Health

Length: 5:06



Date aired: 2/10/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-06

Total running time: 29:30 (with optional exit at 24:00)

1. **Darrell Laffoon**, Chief Technology Officer of security firms EZShield + IdentityForce

Americans are preparing to file their taxes, and fraudsters are getting ready to target taxpayers with new scams. Mr. Laffoon outlined some of the most common schemes used to commit tax fraud and tax-related identity theft. He noted that the IRS never uses email to contact taxpayers or others filing tax returns. He explained what to do if you are targeted.

Issues covered:

**Crime
Identity Theft**

Length: 8:47

2. **Nancy O'Reilly, PsyD**, licensed psychologist, author of "*In This Together: How Successful Women Support Each Other in Work and Life*"

Dr. O'Reilly explained why women experience more rudeness and incivility from other women in the workplace than they do from men. She said women have not been trained to lead as women. She offered suggestions for women to offer support to each other at work, rather than competing. She explained why men should also be concerned about this trend.

Issues covered:

**Women's Issues
Workplace**

Length: 8:19

3. **Cheryl Hyatt**, co-founder of Hyatt-Fennell Executive Search

Ms. Hyatt talked about the importance of references in job searches. She said they are an integral part of an application package. She offered suggestions to customize references for specific jobs and how to choose the best people as references.

Issues covered:

**Employment
Career**

Length: 5:04



Date aired: 2/17/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-07

Total running time: 29:30 (with optional exit at 24:00)

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

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

Issues covered:
Women's Issues
Career

Length: 7:08

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

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

Issues covered:
Legal Matters
Marriage
Parenting

Length: 9:57

3. **Jerry Brewer, MD**, dermatologist and researcher at the Mayo Clinic

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

Issues covered:
Cancer
Personal Health

Length: 4:51



Date aired: 2/24/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-08

Total running time: 29:30 (with optional exit at 24:00)

1. **Daniel Pink, author of "When: The Scientific Secrets of Perfect Timing"**

Mr. Pink explained how timing affects everything — from work to home to school — and that it's a science, not an art or luck. He outlined research that found that 86 specific days each year are the optimal days to start a project or to get a fresh start. He offered several examples of how productivity, personal goals and even medical procedures are significantly affected by the timing of the event.

Issues covered:
Workplace Matters
Education
Personal Health

Length: 8:27

2. **Amy Adamczyk, PhD, Professor of Sociology and Criminal Justice, City University of New York**

Americans' views about marijuana have drastically changed in a relatively short period of time. Dr. Adamczyk led a study that found that support for legalization began to increase shortly after the news media began to frame marijuana as a medical issue, rather than as a criminal or drug abuse issue. She believes that nationwide legalization of marijuana is likely in coming years.

Issues covered:
Marijuana Legalization
Media

Length: 8:33

3. **Michael Twery, PhD, Director of the National Center on Sleep Disorders Research at the National Heart, Lung, and Blood Institute, part of the National Institutes of Health**

It has been proven that a lack of enough sleep or poor quality of sleep is a major factor in heart disease. Dr. Twery discussed a recent NIH study that examined the biological reasons behind it. He said the research may lead to improved treatments for both sleep disorders and heart disease.

Issues covered:
Heart Disease
Personal Health

Length: 4:55



Date aired: 3/3/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-09

Total running time: 29:30 (with optional exit at 24:00)

1. **Alicia Munnell, PhD**, economist, Director of the Center for Retirement Research at Boston College, Peter F. Drucker Professor of Management Sciences at Boston College's Carroll School of Management

Many Americans will be shocked once they reach retirement, to find that their IRA or 401(k) is not worth nearly as much as they think. Dr. Munnell said many upper income retirees will be hit with 25-32% federal tax bills on the funds they saved for retirement, and possibly even more from state taxes. She noted that those who save in tax-deferred retirement plans still come out ahead, even after paying taxes on the withdrawals.

Issues covered:
Retirement Planning
Taxes

Length: 6:56

2. **Dean Ornish M.D**, founder and President of the nonprofit Preventive Medicine Research Institute, Clinical Professor of Medicine at the University of California, San Francisco, author of "Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases"

Dr. Ornish is a well-known advocate for using diet and lifestyle changes to treat and prevent heart disease. He outlined four changes in lifestyle that he believes can stop the progression and even reverse many chronic diseases. He said it's surprising how rapidly our bodies can begin to heal after making simple lifestyle changes.

Issues covered:
Personal Health
Aging

Length: 10:12

3. **Alan Young**, home security expert, CEO of Armor Concepts, a New Jersey-based security firm

Mr. Young talked about the basic steps that the average homeowner can take to prevent home intrusions or burglaries. He said the most common way that criminals enter a house is by simply breaking through a door, rather than picking locks or breaking windows. He also discussed the misunderstood role that alarm systems play in home security.

Issues covered:
Crime Prevention
Consumer Matters

Length: 5:07



Date aired: 3/10/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-10

Total running time: 29:30 (with optional exit at 24:00)

1. **Mark Hamrick**, Senior Economic Analyst for Bankrate.com

73% of Millennials (ages 23-38) who have student loan debt have delayed at least one major life or financial milestone as a result, according to a new Bankrate.com report. Mr. Hamrick said the issue has influenced large percentages of Americans of all ages, affecting decisions such as buying a home or car, saving for retirement, having children and getting married.

Issues covered:

**Student Debt
Education
Personal Finance**

Length: 9:47

2. **David Closs, PhD**, Professor of Supply Chain Management in the Eli Broad College of Business at Michigan State University

Phony prescription drugs are big business and can be life-threatening to consumers. Dr. Closs discussed a recent change in federal regulations that requires companies to track prescription drugs from their raw materials stage to their delivery to pharmacies. He explained how copycat drugs sometimes make their way into the system and what consumers need to know.

Issues covered:

**Drug Safety
Government Regulations
Personal Health**

Length: 7:12

3. **Martin Röösl, PhD**, Associate Professor, Head of Environmental Exposures and Health at Swiss Tropical and Public Health Institute in Basel, Switzerland

Prod. Röösl led a study that suggests that radiation from phones can harm a teenager's memory. He found that the problem occurs when a phone is held next to a child's head for a phone call. His team even found different effects, depending on whether the phone was used on the right or left side of the head. He said Bluetooth devices can help, and that children's phone calls should be short and infrequent.

Issues covered:

**Personal Health
Technology**

Length: 5:09



Date aired: 3/17/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-11

Total running time: 29:30 (with optional exit at 24:00)

1. **Scott McCartney**, Travel Editor and author/creator of the weekly Middle Seat column on airlines and travel for The Wall Street Journal

Airlines' pricing strategies have changed in significant ways in the past several years and ticket prices can literally change by the minute. Mr. McCartney discussed the best days to find the lowest prices, how far ahead to buy and other money-saving travel tips for airline travel.

Issues covered:
Consumer Matters
Transportation

Length: 8:26

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

Ms. O'Shea said the average American must live on their retirement savings for 23 years. She explained how consumers can determine how much money they may need in retirement. She outlined four strategies to find extra income and control expenses in retirement. She recommends using a fee-only financial planner.

Issues covered:
Retirement Planning
Personal Finance

Length: 8:40

3. **Penelope Larsen**, researcher and PhD candidate, School of Exercise Science, Sport & Health, Charles Sturt University, Bathurst, New South Wales, Australia

Hitting the gym at night won't keep you tossing and turning all night, contrary to popular belief. Ms. Larsen led a recent study that found that evening high-intensity cycling didn't ruin sleep and may even reduce appetite. She said study participants also seemed to have more energy when exercise occurred later in the day, which could also debunk the belief that working out first thing in the morning is the optimal time.

Issues covered:
Personal Health

Length: 5:01



Date aired: 3/24/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-12

Total running time: 29:30 (with optional exit at 24:00)

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

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

Issues covered:
Personal Health
Senior Citizens

Length: 9:03

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

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

Issues covered:
Urban Planning
Public Transportation

Length: 8:16

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

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

Issues covered:
Education
Minority Concerns

Length: 5:05



Date aired: 3/31/19 Time Aired: 7:00A

Weekly Public Affairs Program

Show # 2019-13

Total running time: 29:30 (with optional exit at 24:00)

1. **James P. Smith, PhD**, Distinguished Chair in Labor Markets and Demographic Studies at the RAND Corporation, a nonprofit research organization

Dr. Smith led a study that found that Americans under the age of 26 are much more likely to be arrested than Americans born in previous decades. He noted that the increase occurred most rapidly among white Americans and women. He said that the study also found connections between the rising rate of arrests/convictions and lower probabilities of being married, fewer weeks worked, lower hourly wages and lower family incomes during Americans' adulthood.

Issues covered:

**Crime
Legal**

Length: 9:04

2. **Ramon Hinojosa, PhD**, Assistant Professor in the Department of Sociology at the University of Central Florida

Prof. Hinojosa warned of a coming public health crisis for veterans. He led a study that found that veterans are more likely to have heart disease at a younger age than nonveterans. He discussed the possible differences between vets who served in Iraq and Afghanistan compared to those who served in previous conflicts. He offered advice for veterans who may have cause for concern.

Issues covered:

**Veterans Issues
Personal Health**

Length: 8:09

3. **Carly Ziter, PhD**, Assistant Professor in the Biology Department at Concordia University in Montreal

Trees play a surprisingly big role in keeping America's cities and towns cool. Prof. Ziter shared the results of her study that found that the right amount of tree cover can lower summer daytime temperatures by as much as 10 degrees Fahrenheit. She said the effect is quite noticeable from neighborhood to neighborhood, even down to the scale of a single city block. She stressed the importance of urban landscaping and development in making neighborhoods more livable in the future.

Issues covered:

**Climate Change
Environment
City Planning**

Length: 5:07

**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	065
Adoption/Foster Care	Dept of Health and Human Serv	000:15	060
American Cancer Society	Ad Council	000:29	063
American Cancer Society	American Cancer Society	000:15	027
American Cancer Society	American Cancer Society	000:30	027
American Heart Association	American Medical Association	001:00	069
AMERICAN LUNG ASSOCIATION	AMERICAN LUNG ASSOCIATION	000:30	080
American Medical Association	cdc	001:00	065
Art Show	Farmington Museum	000:26	053
BLACK HISTORY MONTH	IFCJ	000:59	094
Breast Cancer Risk Education	Susan B. Komen Foundation	000:15	079
Bullying Prevention	Ad Council	000:30	085
Buzzed Driving Prevention	NHTSA	000:30	085
Caregiver Assistance	AARP	000:15	054
Center For Disease Control	Center For Disease Control	000:29	055
Child Safety	NHTSA	000:30	028
Children's Health	American Cancer Society	000:30	056
Children's Health	Children's Miracle Network	000:29	057
Children's Health	St. Jude Research Hospital	000:30	003
CHILDREN'S HOSPITAL WEEK	CHILDRENS HOSPITAL WEEK	000:29	008
Christmas Celebration	riverstone church	000:25	003
City Of Hope	Ad Council	000:30	061
COMMUNITY INVOLVEMENT	CRISIS TEXTLINE	000:30	017
COMMUNITY INVOLVEMENT	PEACE IN THE STREETS	000:31	018
Concert	San Juan College	000:26	013

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Department of Health & Human	Dept of Health and Human Serv	000:15	059
Discover Nature	U.S. Forest Service	000:15	081
Dollar General Literacy Found	Dollar General Literacy Found	001:00	072
Fatherhood Involvement	U.S. Health & Human Services	000:30	165
feeding america	Ad Council	001:00	064
feeding america	Feeding America	000:15	065
Firearm Safety	Ad Council	000:30	060
Foundation For A Better Life	Ad Council	000:30	064
Health & Wellness	San Juan Regional Hospital	000:24	011
Health & Wellness	San Juan Regional Hospital	000:25	145
Health & Wellness	San Juan Regional Hospital	000:26	178
Health & Wellness	San Juan Regional Hospital	000:28	009
HEALTH AND FITNESS	American Heart Association	000:30	027
Heart Health	Center For Disease Control	000:15	027
Heart Health	Center For Disease Control	000:30	028
Heart Health	Center For Disease Control	001:00	025
HI HOW ARE YOU DAY	HI HOW ARE YOU DAY	000:31	001
Humane Society of the US	Ad Council	001:00	064
Job Training	Goodwill	001:00	091
Maddie's Fund	Humane Society of U S	000:15	026
Make-A-Wish	Make-A-Wish	000:30	058
Meals On Wheels Recruitment	Meals On Wheels America	000:15	067
Mental Health Minutes	Mental Health Issues	000:45	015
Mental Health Minutes	Mental Health Issues	000:56	005
Mental Health Minutes	Mental Health Issues	000:58	023
Mental Health Minutes	Mental Health Issues	001:00	004
Mental Health Minutes	Mental Health Issues	001:07	024
National Fatherhood Initiativ	Health and Human Services	001:00	090
NHSTA	Ad Council	000:30	064

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
NHSTA	NHTSA	000:15	094
NHSTA	NHTSA	000:30	020
NHSTA	NHTSA	000:59	062
NHSTA	NHTSA	001:00	146
NOAC	NOAC	000:30	003
Online Auction	Farmington Public Schools	000:25	065
oral health and opioids	united health care	000:30	027
oral health and opioids	united health care	001:01	029
organ donors	Health and Human Services	000:30	060
organ donors	Health and Human Services	001:00	078
St. Jude Children's Hospital	St. Jude Research Hospital	000:59	054
St. Jude Children's Hospital	St. Jude Research Hospital	001:00	005
US FOREST SERVICE	Ad Council	001:00	064
VESTIBULAR DISORDERS	VEDA	000:30	025
VESTIBULAR DISORDERS	VEDA	001:00	031
Veterans Aid	Wounded Warrior Project	000:59	061
Veterans Aid	Wounded Warrior Project	001:00	030
Year Up	Ad Council	001:00	064