

KCQL
Farmington, NM
Quarterly Issues/Programs List
Second Quarter, 2017
06/29/2017

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:

- **Child Education, Fitness and Recreation:** This week (tm)s guest was Leticia Joseph of the Farmington Boys & Girls Club. We spoke about the history of the club in Farmington, and some of the valuable programs they offer. After school, homework help, summer day camps, sports, field trips, and many more activities to keep the children of Farmington stimulated and learning. We discussed the costs incurred by the club and how they strive to keep fees at a minimum, so all can afford the benefits of the club. A big fundraiser is the annual golf outing held at Pinon Hills Golf Course. Proceeds from this tournament directly fund the boys and girls club.
- **Creating Community Goodwill/Kindness:** Hope Trujillo is a representative of the local non-profit organization, called Peaches (tm) Neet Feet . PNF was organized a few years ago by a local artist to paint shoes as a way to lift the spirits of local children facing medical crisis. The group has now expanded to adopt the Hustle Kindness brand, dedicated to the idea of always being encouraging in the community to be hustling kindness in all its forms. Also, Peaches (tm) Neet Feet has opened a media lab-creative art studio called MadLab, where people of all ages are invited to can come in and create art and ideas to help promote the Hustle Kindness idea.
- **Cystic Fibrosis :** Until recently, Cystic Fibrosis meant a short life, brought on by tumors growing in patients (children (tm)s) lungs. Most were not given long to live, but those days are slowly coming to an end, due to research and new drugs and treatments. Lisa Willems was our guest this week and the discussion centered on the disease, the research and the development of new drugs and treatments. We also discussed the upcoming Cystic Fibrosis Walk for Life, a yearly event held locally to raise funds and awareness about this disease.
- **Foster Care/Protective Services:** Childhaven, a local non-profit , has been serving the children of San Juan County for many years, providing foster care, protective care, Court Appointed Special Advocates, and more. Executive Director of Childhaven, Jamie Church was our guest to speak about the services they provide, as well as the, More The Merrier Party in the Park , a major fundraiser for the organization. This year (tm)s festivities included food, music and a fun family gathering all for a small donation. Childhaven is a vital resource to the children of

the community as they are lifted from crisis to hope.

- **Health/Autism Awareness:** April is national Autism month, so our discussion this week dealt with the disorder. Sarah Shelby, past president of the local New Mexico Autism Society chapter has an adult son with autism, and shared the complicated day-to-day life he and his family lead. Autism is not a disease, but a disorder, not caused by vaccinations your child may receive. We spoke about local, state and national support groups that teach the understanding of autism, the causes, and effects on caretakers and families. The local chapter sponsors ~sensory friendly (tm) events like movies or field trips for their clients.
- **Health/Stroke Awareness:** May is National Stroke Awareness Month. Our guest this week was Dr. Carletta Thompson, Medical Director of the San Juan Regional Rehab Hospital. A stroke most often comes on suddenly, with no respect of age, race, or creed. It (tm)s the 5th leading cause of death in America, and the only way to stop it is with speed. At the first signs, the patient must arrive at the ER for early intervention, including advanced imaging, and delivery of advanced anti-coagulating drugs to break up clots in the brain. Dr. Thompson spoke about the local rehab facility and the services offered for a road to recovery from stroke.
- **Politics/Community Relationships:** The harsh and divisive tone of the most recent political cycle was our subject this week. We were joined by therapist Laura Marshall of The Sagebrush Center for Relationship Therapy, who will lead two sets of meetings, designed to bring together diverse community members to talk out in a measured way about how they feel about their country, their leaders and their community. Leadership San Juan will help facilitate the series of six meetings. Sessions are open to anyone who lives in San Juan County.
- **Preservation of Area Rivers/Recreation/Labor:** A Memorial Day weekend tradition in the area is ~Riverfest (tm) along the River Reach in Berg and Animas Parks in Farmington. Some 30 years ago, a group of people gathered and decided to put an effort into cleaning up the river basin as it ran through the middle of Farmington. Car bodies, shopping carts, mountains of garbage were all moved out to make way for a series of wooded trails on the banks of the rivers. The River Reach Foundation is a non-profit organization dedicated to the protection, promotion, enhancement and preservation of Farmington's riverine corridors.
- **Reduce Waste/Energy Conservation/Green Living:** Jeffrey Richardson, curator of The Farmington Museum, joined us to talk about a new exhibit called, Green Revolution on loan from The Smithsonian Institute. Green Revolution is a way for communities to learn to lower their carbon footprint with practical hands on learning. It teaches simple, creative ways to reduce waste and conserve energy. Green Revolution teaches how small changes can add up to a lot. Jeffrey also spoke of other interesting things to see and do at the Farmington Museum, and gave a sneak preview of the next large exhibit coming, one that features a very popular subject: PIRATES!
- **Senior Health and Recreation:** Senior Olympics is a time for those 50 and older to come together for sports competition. Our show this week

focused on the local Senior Olympics events and the timeliness of getting registered. Natalie Spruell, event coordinator spoke about the events that seniors could get involved in---everything from shuffleboard to bicycle races, to bowling and more. She also invited the public to come out and cheer for these great athletes. Local events are scheduled this week and next, with state and national competition to follow. The important thing is the effort, and the chance to exercise and meet others with like interests.

- **Strengthening Family:** Marcia Sterling Penn was our guest this week and the focus of our show was ~family (tm). We talked about the free family event: Family Game Day & Movie Night at San Juan College . The event is geared to get families closer in communication without the distraction of cell phones, computers, tablets, etc. Parents were invited to not only bring the kids, but to enjoy the day themselves. Food trucks, vendors and booths are all part of the fun that includes a dunk tank, Nerf Guns, a light saber battle game and dance competition. The program concluded with the viewing of The Lego Batman Movie . A fun day for strengthening family time.
- **Tourism/Children's Theatre:** Lisa Hutchins is producer of this year (tm)s summer outdoor theater at Lion (tm)s Wilderness Park: Shrek, The Musical . With rock formations and a wide sand stage, the amphitheatre is a beautiful outdoor setting for each performance it hosts. In Shrek, The Musical , we learn that looks are not everything, and true love can be hidden in front of your eyes. We also discussed the Children (tm)s Theater production, and the Teen Theater program, presenting Seussical based on the works of Dr. Seuss. The production is a destination each year for visitors, tourists and residents (tm) young and old alike.
- **VA Benefits Awareness:** Albert Gomez is the acting director of the local Veteran (tm)s Administration office. We discussed the true meaning of Memorial Day, a day to honor those who have fought for and defended the freedoms we all enjoy. We also discussed the wealth of services available to veterans who have served. We heard interesting statistics about a wide range of issues including suicide rates of vets returning from combat, and numbers concerning the amount of veterans who don (tm)t take advantage of available services. We also gave information about the VA program that provides a free place of burial, coffin, flag and headstone for all veterans.

**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	DESCRIPTIO N	GUEST	DATE/TIM E	DURATIO N
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ISSUE	PROGRAM/ TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Politics/Community Relationships	Four Corners Focus/Community In A Divided World	<p>The harsh and divisive tone of the most recent political cycle was our subject this week. We were joined by therapist Laura Marshall of The Sagebrush Center for Relationship Therapy, who will lead two sets of meetings, designed to bring together diverse community members to talk out in a measured way about how they feel about their country, their leaders and their community. Leadership San Juan will help facilitate the series of six meetings. Sessions are open to anyone who lives in San Juan County.</p>	Laura Marshall	04/02/2017 07:26 AM	031:12
Health/Autism Awareness	Four Corners Focus/Autism Month	<p>April is national Autism month, so our discussion this week dealt with the disorder. Sarah Shelby, past president of the local New Mexico Autism Society chapter has an adult son with autism, and shared the complicated</p>	Sarah Shelby	04/09/2017 07:27 AM	029:16

ISSUE	PROGRAM/ TITLE	DESCRIPTIO N	GUEST	DATE/TIM E	DURATIO N
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day-to-day life
 he and his
 family lead.
 Autism is not a
 disease, but a
 disorder, not
 caused by
 vaccinations
 your child may
 receive. We
 spoke about
 local, state and
 national support
 groups that teach
 the
 understanding of
 autism, the
 causes, and
 effects on
 caretakers and
 families. The
 local chapter
 sponsors
 ~sensory
 friendly (tm)
 events like
 movies or field
 trips for their
 clients.

Cystic Fibrosis	Four Corners Focus/Cystic Fibrosis Walk	Until recently, Cystic Fibrosis meant a short life, brought on by tumors growing in patients (children (tm)s) lungs. Most were not given long to live, but those days are slowly coming to an end, due to research and new drugs and treatments. Lisa Willems was our guest this week and the discussion centered on the	Lisa Willems	04/16/2017 07:29 AM	029:10
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>disease, the research and the development of new drugs and treatments. We also discussed the upcoming Cystic Fibrosis Walk for Life, a yearly event held locally to raise funds and awareness about this disease.</p>			
<p>Child Education, Fitness and Recreation</p>	<p>Four Corners Focus/Farmington Boys & Girls Club</p>	<p>This week (tm)s guest was Leticia Joseph of the Farmington Boys & Girls Club. We spoke about the history of the club in Farmington, and some of the valuable programs they offer. After school, homework help, summer day camps, sports, field trips, and many more activities to keep the children of Farmington stimulated and learning. We discussed the costs incurred by the club and how they strive to keep fees at a minimum, so all can afford the benefits of the club. A big fundraiser is the annual golf outing held at Pinon Hills Golf</p>	<p>Leticia Joseph</p>	<p>04/23/2017 07:27 AM</p>	<p>031:15</p>

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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Course.
 Proceeds from
 this tournament
 directly fund the
 boys and girls
 club.

Health/Stroke Awareness	Four Corners Focus/SJRM Stroke and Rehab Hospital	<p>May is National Stroke Awareness Month. Our guest this week was Dr. Carletta Thompson, Medical Director of the San Juan Regional Rehab Hospital. A stroke most often comes on suddenly, with no respect of age, race, or creed. It (tm)s the 5th leading cause of death in America, and the only way to stop it is with speed. At the first signs, the patient must arrive at the ER for early intervention, including advanced imaging, and delivery of advanced anti- coagulating drugs to break up clots in the brain. Dr. Thompson spoke about the local rehab facility and the services offered for a road to recovery from stroke.</p>	Dr. Carletta Thompson	04/30/2017 07:27 AM	028:46
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Senior Health and	Four Corners	Senior Olympics	Natalie	05/07/2017	030:20
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Recreation	Focus/Senior Olympics	<p>is a time for those 50 and older to come together for sports competition. Our show this week focused on the local Senior Olympics events and the timeliness of getting registered. Natalie Spruell, event coordinator spoke about the events that seniors could get involved in--- everything from shuffleboard to bicycle races, to bowling and more. She also invited the public to come out and cheer for these great athletes. Local events are scheduled this week and next, with state and national competition to follow. The important thing is the effort, and the chance to exercise and meet others with like interests.</p>	Spruell/Event Coordinator	07:27 AM	
Strengthening Family	Four Corners Focus/SJC Family Game & Movie Night	<p>Marcia Sterling Penn was our guest this week and the focus of our show was ~family (tm). We talked about</p>	Marsha Sterling Penn	05/14/2017 07:27 AM	030:38

ISSUE	PROGRAM/TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>the free family event: Family Game Day & Movie Night at San Juan College . The event is geared to get families closer in communication without the distraction of cell phones, computers, tablets, etc. Parents were invited to not only bring the kids, but to enjoy the day themselves. Food trucks, vendors and booths are all part of the fun that includes a dunk tank, Nerf Guns, a light saber battle game and dance competition. The program concluded with the viewing of The Lego Batman Movie . A fun day for strengthening family time.</p>			
<p>Preservation of Area Rivers/Recreation/Labor</p>	<p>Four Corners Focus/Riverfest</p>	<p>A Memorial Day weekend tradition in the area is ~Riverfest (tm) along the River Reach in Berg and Animas Parks in Farmington. Some 30 years ago, a group of</p>	<p>Bob & Gloria Lehmer</p>	<p>05/21/2017 07:27 AM</p>	<p>030:32</p>

ISSUE	PROGRAM/ TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>people gathered and decided to put an effort into cleaning up the river basin as it ran through the middle of Farmington. Car bodies, shopping carts, mountains of garbage were all moved out to make way for a series of wooded trails on the banks of the rivers. The River Reach Foundation is a non-profit organization dedicated to the protection, promotion, enhancement and preservation of Farmington's riverine corridors.</p>			
VA Benefits Awareness	Four Corners Focus/Veterans Administration	<p>Albert Gomez is the acting director of the local Veterans Administration office. We discussed the true meaning of Memorial Day, a day to honor those who have fought for and defended the freedoms we all enjoy. We also discussed the wealth of services available to veterans who have served. We</p>	Albert Gomez/VA	05/28/2017 07:26 AM	032:57

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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heard interesting statistics about a wide range of issues including suicide rates of vets returning from combat, and numbers concerning the amount of veterans who don't take advantage of available services. We also gave information about the VA program that provides a free place of burial, coffin, flag and headstone for all veterans.

Creating Community
Goodwill/Kindness

Four Corners
Focus/Peaches
Neet Feet

Hope Trujillo is a representative of the local non-profit organization, called Peaches (tm) Neet Feet . PNF was organized a few years ago by a local artist to paint shoes as a way to lift the spirits of local children facing medical crisis. The group has now expanded to adopt the Hustle Kindness brand, dedicated to the idea of always being encouraging in the community to be hustling kindness in all

Hope Trujillo

06/04/2017
07:27 AM

030:39

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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its forms. Also, Peaches (tm) Neet Feet has opened a media lab-creative art studio called MadLab, where people of all ages are invited to can come in and create art and ideas to help promote the Hustle Kindness idea.

Foster Care/Protective Services	Four Corners Focus/Childhaven	<p>Childhaven, a local non-profit , has been serving the children of San Juan County for many years, providing foster care, protective care, Court Appointed Special Advocates, and more. Executive Director of Childhaven, Jamie Church was our guest to speak about the services they provide, as well as the, More The Merrier Party in the Park , a major fundraiser for the organization. This year (tm)s festivities included food, music and a fun family gathering all for a small donation. Childhaven is a vital resource to the children of</p>	Jamie Church/Childhaven Foundation	06/11/2017 07:28 AM	029:43
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		the community as they are lifted from crisis to hope.			
Reduce Waste/Energy Conservation/Green Living	Four Corners Focus/Farmington Museum	Jeffrey Richardson, curator of The Farmington Museum, joined us to talk about a new exhibit called, Green Revolution on loan from The Smithsonian Institute. Green Revolution is a way for communities to learn to lower their carbon footprint with practical hands on learning. It teaches simple, creative ways to reduce waste and conserve energy. Green Revolution teaches how small changes can add up to a lot. Jeffrey also spoke of other interesting things to see and do at the Farmington Museum, and gave a sneak preview of the next large exhibit coming, one that features a very popular subject: PIRATES!	Jeffrey Richardson	06/18/2017 07:27 AM	029:17
Tourism/Children's Theatre	Four Corners Focus/"Shreck,	Lisa Hutchins is producer of this	Lisa Hutchins	06/25/2017 07:26 AM	030:00

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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	The Musical"	<p>year (tm)s summer outdoor theater at Lion (tm)s Wilderness Park: Shrek, The Musical . With rock formations and a wide sand stage, the amphitheatre is a beautiful outdoor setting for each performance it hosts. In Shrek, The Musical , we learn that looks are not everything, and true love can be hidden in front of your eyes. We also discussed the Children (tm)s Theater production, and the Teen Theater program, presenting Seussical based on the works of Dr. Seuss. The production is a destination each year for visitors, tourists and residents (tm) young and old alike.</p>			
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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: KCRZ - AM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2017

Show # 2017-14
Date aired: 4/2/17 Time Aired: 7:00AM

Henry A. Spiller, MS, D.ABAT., Director of the Central Ohio Poison Center at Nationwide Children's Hospital in Columbus, OH

Each day in the United States, Poison Control Centers receive an average of 32 calls about children exposed to prescription opioids. Dr. Spiller explained what child is most at risk, how adults can prevent children and adolescents from gaining access to these drugs, and how to properly dispose of unused prescriptions.

Issues covered:
Poisoning Prevention
Drug Abuse

Length: 8:22

Mark K. Claypool, founder and Chief Executive Officer of ChanceLight Behavioral Health, Therapy and Education, a provider of therapy and special education programs, author of "*How Autism is Reshaping Special Education: The Unbundling of IDEA*"

Autism diagnoses have skyrocketed in recent years. Mr. Claypool discussed some of the underlying reasons for the increase. He also explained why it is important for children with autism to receive special intervention at an early age. He said support systems for parents have improved dramatically in recent years.

Issues covered:
Autism
Government Policies
Education

Length: 8:56

Susanna Janssen, language expert, newspaper columnist and the author of "*Wordstruck!: The Fun and Fascination of Language*"

Roughly 20% of American citizens are fluent in a second language. Ms. Janssen talked about the less obvious benefits of learning a second language, including enhanced abilities in focus and concentration, memory, interpersonal skills and problem-solving. She also noted that several recent studies have suggested that bilingualism may be a buffer against the development of Alzheimer's disease. She said bilinguals earn on average about 20% more than those who speak a single language.

Issues covered:
Bilingualism
Career
Mental Health

Length: 5:00

Show # 2017-15

Date aired: 4/9/17 Time Aired: 7:00am

Sheryl Ryan, M.D., FAAP, Professor of Pediatrics at the Yale University School of Medicine, Chair of the American Academy of Pediatrics' National Committee on Substance Abuse

29 states and Washington, D.C. now allow the use of marijuana for medical purposes, recreational use or both. Dr. Ryan was one of the authors of a report titled "Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana," which outlines why a relaxed attitude about the drug is dangerous and how parents should address the topic. She said marijuana is an addictive drug that can cause abnormal changes as teens' brains develop.

Issues covered:

Length: 9:48

**Drug Abuse
Parenting
Government Policies**

James Noble, MD, MS, Assistant Professor of Neurology at Columbia University Medical Center in New York City

Dr. Noble was the co-author of a recent study that found that female athletes appear to be significantly more likely than men to suffer concussions. He noted that once concussions occur, men and women experience them in very similar ways. He also discussed why most media attention on concussions seems to focus on men, despite the greater risk to women.

Issues covered:

Length: 7:27

**Concussions
Personal Health
Women**

Heather Schafer, CEO for the National Volunteer Fire Council

Ms. Schafer said volunteers make up 80% of all fire services across the United States. She said the call volume in recent years has tripled, but volunteer fire departments are struggling to find younger recruits. She said younger people have less spare time to volunteer than previous generations. She outlined the many benefits of volunteering.

Issues covered:

Length: 4:53

**Volunteerism
Fire Safety
Disaster Preparedness**

Show # 2017-16

Date aired: 4/11/17 Time Aired: 7:00am

David Rabiner, PhD, Senior Research Scientist in the Department of Psychology & Neuroscience at Duke University

The use of "study drugs"-- prescription medications used illegally by college students improve their academic performance--is on the rise. Dr. Rabiner said the drugs of choice are those typically used to treat ADHD. He discussed the question of whether the practice is a form of academic cheating. He added that students who use these medications without a prescription typically have higher rates of drug and alcohol abuse, perform worse academically and are more stressed out about their grades.

Issues covered:
Substance Abuse
Education

Length: 8:09

Michael Thompson, Director of the Council of State Governments Justice Center

Mr. Thompson's organization conducted a study that examined whether juveniles who commit crimes fare better if they are sentenced to community-based supervision or state-run incarceration. The study found that youth who are locked up in state-run facilities are 21 percent more likely to be rearrested than those who remain under supervision closer to home. He said that community supervision programs are also far less expensive for taxpayers than state-secure facilities.

Issues covered:
Youth at Risk
Crime
Government Policies

Length: 8:55

Doug Goodman, PhD, MPA Director, Associate Professor of Public Affairs in the School of Economic, Political, and Policy Sciences at The University of Texas at Dallas

Dr. Goodman co-authored a study that found that family-friendly employment policies tend to increase productivity of employees in public organizations. He said it appears that these policies reduce stress, and increase job satisfaction and employee loyalty.

Issues covered:
Workplace Matters
Parenting

Length: 5:01

Show # 2017-17

Date aired: 4/23/17 Time Aired: 7:00am

Ric Edelman, Chairman/CEO of Edelman Financial Services, LLC, author of "*The Truth About Your Future: The Money Guide You Need Now, Later, and Much Later*"

Technology and science are evolving at a blistering pace. Mr. Edelman said the traditional paradigms of how Americans live, learn, and invest are shifting under our feet. He explained how smart investors can adapt and profit from today's changing environment. He offered advice for parents who want to guide their children into careers that will thrive in the future. He said within a few years technological advances will solve many of today's environmental concerns and humans will live dramatically longer lives.

Issues covered:
Personal Finance
Parenting
Environment

Length: 8:35

Susan Peirce Thompson, PhD, food addiction and weight loss expert, author of "*Bright Line Eating: The Science of Living Happy, Thin & Free*"

Dr. Thompson discussed food addiction and the role it often plays in weight loss efforts. She explained why fewer than .01% of dieters are able to reach their goal weight and maintain it long term. She offered several suggestions for those trying to lose weight. She also recommended that those who are losing weight should take a break from working out.

Issues covered:
Food Addiction
Personal Health

Length: 8:40

Steve G. Jones EdD, clinical hypnotherapist, President of the American Alliance of Hypnotists, author of 22 books on hypnotherapy

Dr. Jones discussed the most common misconceptions about clinical hypnotherapy. He outlined the problems that hypnotherapy can solve, and he explained why self-hypnosis may be useful. He said everyone can be hypnotized, although some are more suggestible than others.

Issues covered:
Hypnosis
Mental Health

Length: 4:54

Show # 2017-18

Date aired: 4/30/17 Time Aired: 7:00am

Richard Watts, personal advisor and legal counsel to the super wealthy, author of "*Entitlement: How Not to Spoil Your Kids, and What to Do if You Have*"

Mr. Watts said well-intentioned parents are creating a "me" generation of children who lack the wisdom and satisfaction of accomplishment that can only be learned through struggle and adversity. He offered examples of parental decisions that create a sense of entitlement in children in families of all income levels. He also outlined simple ways for parents to be a good example for children.

Issues covered:
Parenting
Education

Length: 9:53

Matt Schulz, Senior Industry Analyst at CreditCards.com

It pays for consumers to reach out to a credit card provider when faced with unwanted fees and high interest rates. Mr. Schulz said 87% of credit cardholders who asked for a late fee waiver were successful and 69% who requested a lower interest rate received one. His organization's study found that only about half of consumers have made any request at all for credit card leniency.

Issues covered:
Personal Finance

Length: 7:22

Dana King, MD, MS, Professor and Chair of the Department of Family Medicine at the West Virginia University School of Medicine

Dr. King led a study that examined whether retired, late middle-aged adults led a healthier lifestyle than those who were still in the workforce. He found that the spare time found in retirement did not translate to healthier lifestyle choices. He said that 90% of Americans of any age are not making healthy choices. He explained discussed the possible reasons why.

Issues covered:
Senior Citizens
Personal Health
Retirement Planning

Length: 4:38

Show # 2017-19

Date aired: 5/7/17 Time Aired: 7:00am

Robert T. Kiyosaki, investor, entrepreneur, author of "*Rich Dad Poor Dad: What The Rich Teach Their Kids About Money That the Poor and Middle Class Do Not*"

Mr. Kiyosaki discussed the difference in how wealthy people view and use money, compared to middle and lower income Americans. He said it is not necessary to earn a high income to become rich. He explained why he thinks it is such a problem that few students receive any financial education in school. He also discussed the best job categories for young people who are ready to choose a career.

Issues covered:
Personal Finance
Parenting
Education

Length: 10:03

Thomas Beckman, MD, Fellow in Advanced General Internal Medicine at the Mayo Clinic

Many patients seek a second opinion before treatment for a complex medical condition. Dr. Beckman led a study at Mayo that found that only 12 percent of second opinions confirm that the original diagnosis was complete and correct. He explained what illnesses should merit the pursuit of a second opinion.

Issues covered:
Personal Health

Length: 7:03

Dennis C. Miller, businessman, former CEO of a New Jersey hospital, author of "*Moppin' Floors to CEO*"

Mentors often make a huge difference in a young person's career. Mr. Miller explained why older generations may be key to enhancing the career prospects of Millennials. He offered ideas for how to locate a mentor. He also explained why volunteering may be a wise career move for older members of the workforce.

Issues covered:
Career
Senior Citizens
Volunteering

Length: 4:40

Show # 2017-20

Date aired: 5/14/17 Time Aired: 7:00am

Gwendolen Wilder, domestic violence survivor, author of "*It's Ok To Tell My Story!: Surviving Common Law Domestic Violence*"

Ms. Wilder shared her story of years of domestic violence and her eventual escape. She talked about the hurdles that prevent women from leaving abusive relationships. She discussed the sources of help and support available to victims, and offered advice for how to take the difficult step of leaving.

Issues covered:
Domestic Violence
Women's Issues

Length: 9:15

Pamela Wisniewski, PhD, Assistant Professor of Computer Science at the University of Central Florida

Dr. Wisniewski led a study at Penn State that found that teens rarely talk to their parents about potentially risky online experiences. She said that parents and children often have much different perceptions of and reactions to the same online events, such as cyberbullying, sexual exchanges and viewing inappropriate content online.

Issues covered:
Youth at Risk
Parenting
Online Security

Length: 7:58

Richard M. Gersberg, PhD, Professor and Head of the Division of Environmental Health in the Graduate School of Public Health

Cigarettes are the most common form of litter in the world, with more than 5.6 trillion filters finding their way into the environment every year. Dr. Gersberg led a study that found that 50% of fish died when exposed to water polluted by cigarette butts. He talked about the reasons behind the findings and the overall environmental impact.

Issues covered:
Pollution
Environmental Issues

Length: 4:57

Show # 2017-21

Date aired: 5/21/17 Time Aired: 7:00am

Irwin Redlener, PhD, Director of Columbia University's National Center for Disaster Preparedness

Dr. Redlener said that a limited nuclear attack can be survivable. He said sheltering in place is the best way to avoid the radiation that would follow a nuclear detonation. He outlined emergency supplies that every household should have on hand, and he discussed the reasons that public officials are reluctant to discuss the topic.

Issues covered:
Disaster Preparedness

Length: 8:41

Olympia LePoint, mathematician, rocket scientist, author of "*Mathaphobia: How You Can Overcome Your Math Fears and Become a Rocket Scientist*"

Ms. LePoint was a professional rocket scientist for NASA programs from 1998 to 2007, and was involved in 28 successful shuttle launches. She discussed the shortage of females in STEM (Science, Technology, Engineering & Math) careers and why it is important to encourage young women to enter these fields.

Issues covered:
Women's Issues
Education
Career

Length: 8:36

David M. Neyens, PhD, Assistant Professor in the Department of Industrial Engineering at Clemson University

In a future filled with self-driving cars, how quickly will human drivers be able to regain control in the event of a system failure or sudden emergency? Dr. Neyens led a study that found that driver reaction times were poor. He said car designers will need to find ways to give drivers much earlier warnings. He added that driver education programs will also need to change significantly, once driverless cars hit the mass market

Issues covered:
Automotive Safety
Driver Education

Length: 5:08

Show # 2017-22

Date aired: 5/28/17 Time Aired: 7:00am

Mark Underwood, PhD, neuroscience researcher, expert on brain aging and cognitive function, President and co-founder of Wisconsin-based biotech company Quincy Bioscience

Dr. Underwood said most people start to experience mild memory loss by age 40. He explained the relationship of early memory problems to advanced forms of dementia as people enter their 70s and 80s. He outlined basic steps to take to keep the brain active, which may prevent or slow cognitive decline as a person ages.

Issues covered:
Personal Health
Alzheimer's Disease
Senior Citizens

Length: 8:01

Patty Osterberg, Education & Outreach Director of Sustainable Electronics Recycling International, an organization that sets standards for responsible electronics recycling

Ms. Osterberg discussed the most responsible ways to recycle unused mobile phones and other electronic gadgets. Her organization certifies recyclers with the R2 standard, which verifies that recycling companies perform their services in a responsible and ethical manner. She talked about the environmental impact of throwing a phone in the trash.

Issues covered:
Recycling
Environment
Consumer Matters

Length: 8:59

Tim Lohrentz, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

Issues covered:
Payday Loans
Poverty
Government Regulations

Length: 5:10

Show # 2017-23

Date aired: 6/4/17 Time Aired: 7:00 AM

Gregory Plemmons, PhD, Associate Professor of Pediatrics at Monroe Carell Jr. Children's Hospital at Vanderbilt University

Dr. Plemmons led a study that found the percentage of younger children and teens hospitalized for suicidal thoughts or actions in the United States has doubled over the past decade. He talked about the possible reasons for such a steep increase, what ages are at the greatest risk, and how parents can recognize signs of suicidal thoughts in their children.

Issues covered:

Length: 7:46

Teen Suicide
Parenting

Jeff Stalnaker, President and Co-Founder of First Orion, a provider of data and phone call transparency solutions

Mr. Stalnaker's company commissioned a survey that found that Millennials are more likely than any other generation to give away personal information to scammers over the phone. He said nearly 40 percent of those surveyed have been contacted by someone impersonating the IRS. He talked about other current scams, and offered advice on how to avoid falling prey to scammers.

Issues covered:

Length: 9:17

Consumer Matters
Crime

Kara Lusk-Dudley, Public Affairs Manager, Biomedical Communications, American Red Cross

Summertime is one of the most challenging times of the year for blood donations. Ms. Lusk-Dudley explained why, and outlined the process that a new blood donor can expect. She explained how to locate a donation center or blood drive nearby. She noted that the Red Cross is also in greater need of organizations to host blood drives during the summer months.

Issues covered:

Length: 5:10

Blood Donation
Personal Health

Show # 2017-24

Date aired: 6/5/17 Time Aired: 7:00 AM

Elizabeth Rosenthal, MD, former reporter and senior writer at The New York Times, Editor in Chief of Kaiser Health News, former ER physician, author of "*An American Sickness: How Healthcare Became Big Business and How You Can Take It Back*"

Dr. Rosenthal discussed the rapidly rising costs of healthcare in the past few decades and the reasons behind them. She gave examples of some of the more egregious differences in healthcare costs in the US, compared to other countries. She explained how healthcare consumers can learn to negotiate with hospitals and doctors.

Issues covered:

Length: 8:39

Personal Health
Consumer Matters

Jodie Plumert, PhD, Professor in the Department of Psychological and Brain Sciences at the University of Iowa

For adults, crossing the street by foot seems easy. Yet it is anything but simple for a child. Dr. Plumert led a study that found that perceptual judgment and motor skills are not fully developed in most kids until age 14. She explained what parents can do to help children learn these life and death skills as early as possible.

Issues covered:

Length: 8:27

**Traffic Safety
Parenting
Children's Issues**

Adriana Zuniga-Teran, architect, postdoctoral research associate in the University of Arizona's Udall Center for Studies in Public Policy.

Ms. Zuniga-Teran conducted a study that examined how the design of a neighborhood can affect health and wellness. She found that those who live in traditional neighborhoods do the most walking, while those who live in suburban developments report the highest levels of mental well-being.

Issues covered:

Length: 5:02

**Mental Health
Personal Health
Community Issues**

Show # 2017-25

Date aired: 6/18/17 Time Aired: 7:00am

Sally Erny, National Stakeholder Engagement Officer of the National Court Appointed Special Advocate Association

Ms. Erny explained how court-appointed special advocates (CASAs) look out for the interests of abused or neglected children. She discussed how CASA volunteers work with attorneys and other court officers to ensure the youngsters are in safe and healthy foster care, and eventually, permanent homes. She also outlined the training that these volunteers receive, and how someone can volunteer.

Issues covered:

Length: 8:26

**Child Abuse
Foster Care
Volunteerism**

Clint Emerson, retired Navy Seal, author of "100 Deadly Skills: Survival Edition: The SEAL Operative's Guide to Surviving in the Wild and Being Prepared for Any Disaster"

Mr. Emerson offered numerous tips on how to crime-proof a house and how to avoid becoming a victim of crime in other environments, as well. He explained the importance of being aware of your environment, in order to react to dangerous situations or avoid them in the first place. He also talked about the options available to people caught in active shooter incidents or terrorist attacks.

Issues covered:

Length: 8:46

**Crime Prevention
Terrorism**

Tracy Mehan, Manager of Translational Research for the Center for Injury Research and Policy at the Research Institute at Nationwide Children's Hospital in Columbus, Ohio

On an average day in the US, 13 children receive emergency treatment for a lawn mower-related injury. Ms. Mehan talked about the most common injuries and how they typically vary, depending on the age of the child. She offered suggestions for parents on how to prevent lawn mower-related injuries.

Issues covered:
Child Safety
Product Safety
Parenting

Length: 5:02

Show # 2017-26
Date aired: 6/25/17 Time Aired: 7:00am

Catherine Collinson, President of the Transamerica Center for Retirement Studies, a non-profit private foundation

Ms. Collinson talked about the option of "phased retirement," in which an employee begins to gradually put in shorter work weeks. She said the strategy permits workers to test out retirement to see if they enjoy it and can afford it, and allows them to avoid tapping into Social Security or savings until truly necessary. She said many employers welcome it, because it allows the senior employee to mentor younger colleagues and the organization to retain institutional knowledge.

Issues covered:
Retirement
Career

Length: 8:42

Brian Wansink, PhD, behavior economist, food psychologist, John Dyson Professor of Consumer Behavior at Cornell University, Director of the Cornell Food and Brand Lab, author of "*Slim By Design, Mindless Eating Solutions for Everyday Life*"

Dr. Wansink discussed his research at Cornell, which examines how and why we make choices about the food we eat. He said the way a kitchen or other living environment is set up can encourage weight loss naturally. He outlined innovative but inexpensive steps restaurants, grocery stores and school cafeterias can make to encourage healthier dining choices.

Issues covered:
Health and Nutrition
Consumer Matters

Length: 8:34

Cami Walker, author of "*29 Gifts: How a Month of Giving Can Change Your Life*"

At age thirty-five, Ms. Walker was diagnosed with multiple sclerosis. As she battled depression about her illness, she received an uncommon prescription from an African medicine woman: Give to others for 29 days. She shared her story of finding small ways to help others, and how it made a dramatic difference in her own health and happiness.

Issues covered:
Charitable Contributions
Volunteerism
Mental Health

Length: 4:24

**Section III
PUBLIC SERVICE ANNOUNCEMENTS**

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

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
-----	PSA ERASE MS-BAILEY	000:30	009
Adoption/Foster Care	Adopt U.S. Kids	000:15	005
Adoption/Foster Care	Adopt U.S. Kids	000:30	008
Adult Coed Kickball	Adopt U.S. Kids	001:00	011
Animal Welfare	San Juan Animal League	000:27	011
Art & Craft Fair	Orchard Park	000:29	022
Arts, Community Activities	Farmington Museum	000:31	009
Autism Awareness	Autism Speaks	000:15	002
Autism Awareness	Autism Speaks	000:30	008
Autism Awareness	Autism Speaks	001:00	008
Blindness	National Foundation for Blind	000:31	027
Blindness	National Foundation for Blind	001:00	042
Bullying Prevention	Ad Council	000:30	004
Buzzed Driving Prevention	NHTSA	000:30	002
Buzzed Driving Prevention	NHTSA	001:00	005
Cancer Awareness	Radiological Society	000:30	022
Cancer Awareness	Radiological Society	001:00	043
Cancer Awareness	Sarcoma Foundation of America	000:30	024
Caregiver Assistance	AARP	000:30	010
Caregiver Assistance	AARP	000:58	030
Caregiver Assistance	AARP	001:00	006
Child Mentoring	Big Brothers/Big Sisters	000:31	056
Child Mentoring	Boys & Girls Club, RAS	000:15	001
Child Mentoring	Farmington Boys & Girls Club	000:15	018

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Child Safety	FEMA	000:15	009
Child Safety	FEMA	000:30	014
Child Services/Mentoring/Educ	Childhaven	000:24	029
Children's Activites, Sports	Aztec Boys & Girls Club	000:30	034
Children's Activities	farmington rec center	000:28	050
Children's Health	March of Dimes	000:15	034
Children's Health	March of Dimes	000:30	022
Children's Health	March Of Dimes	001:00	041
Children's Health	marines	001:00	001
Children's Health	Save the Children	000:30	021
Children's Health	St. Jude Research Hospital	000:14	022
Children's Health	St. Jude Research Hospital	000:29	058
Children's Health	St. Jude Research Hospital	000:59	004
Children's Services	Bloomfield Public Schools	000:26	060
College Access	Get Schooled	000:10	001
Community Activities	Mesa Alta Jr High	000:28	020
Community Activities	San Juan College	000:28	046
Community Activities	San Juan College	000:29	035
Community Activities	San Juan College	000:31	028
Community Activities	San Juan College Theater	000:36	015
Community Activities	San Juan Fly Fishing Fed	000:28	038
Community Cinema-Culture	San Juan College	000:34	014
COMMUNITY INVOLVEMENT	TAKE YOUR KID TO WORK	000:30	008
COMMUNITY INVOLVEMENT	United Way	001:00	033
Crime Prevention	Dept. of Homeland Security	000:14	018
Cystic Fibrosis Walk	Cystic Fibrosis Foundation	000:31	028
Disability Resources	U.S. Health & Human Services	000:59	032
Disability Services	U.S. Health & Human Services	000:59	033
Domestic violence	JANIE'S FUND	000:30	005

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Drug Abuse	Partnership Drug Free America	000:30	022
Education	NATIONAL SUMMER LEARNING	000:30	004
Emergency Preparedness	FEMA	000:15	004
Emergency Preparedness	FEMA	000:30	007
Emergency Preparedness	FEMA	000:59	006
Employment Workshop	San Juan College	000:32	008
Environment	U.S. Forest Service	000:10	005
Farmington Cinematheque	San Juan College Theater	000:29	009
Fatherhood Involvement	U.S. Health & Human Services	000:30	008
Financial Literacy	AICPA	000:30	009
Financial Literacy	AICPA	000:59	007
Foreign Aid	Doctors Without Borders	001:02	040
HEALTH AND FITNESS	ERASE MS	000:30	007
HEALTH AND FITNESS	PROSTATE CANCER FOUNDATION	000:31	015
HEALTH AND FITNESS	RACE TO ERASE MS	000:30	008
Health Care	Radiological Society	000:15	021
Health Care	Radiological Society	000:30	038
Health Care	Radiological Society	001:00	029
Health Care	U.S. Department of Health	000:20	009
Here To Listen	Ad Council	000:15	003
High School Equivalency	Dollar General Literacy Found	000:30	008
High School Equivalency	Dollar General Literacy Found	001:00	006
Home Safety	FEMA	000:15	017
Home Safety	FEMA	000:30	009
HOMELAND SECURITY	Dept. of Homeland Security	001:00	040
Hunger Prevention	Feeding America	001:00	035
Job Training	Goodwill	001:01	033
Job Training & Employment	Goodwill	000:30	007
Job Training & Employment	Goodwill	001:00	010

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Kids Dog Show	farmington rec center	000:29	031
LAW ENFORCEMENT OFFICERS	POLICE WEEK	000:30	004
Learning & Attention Issues	Understood	000:15	004
Learning & Attention Issues	Understood	000:30	005
Learning & Attention Issues	Understood	001:00	008
Legal Help, Education	Farmington District Court	000:29	008
Literacy	Reading Is Fundamental	000:30	016
Lyme Disease Prevention	NatCapLyme Association	001:02	003
Meals On Wheels Recruitment	Meals On Wheels America	000:15	006
Meals On Wheels Recruitment	Meals On Wheels America	000:30	004
Meals On Wheels Recruitment	Meals On Wheels America	001:00	011
MILITARY AND VETERANS	Farmington Boys & Girls Club	000:28	022
Movie/Book Event	San Juan College	000:35	021
Party In The Park	Childhaven Foundation	000:29	006
Pathways To Employment	Year Up	000:15	005
Pathways To Employment	Year Up	000:30	006
Pathways To Employment	Year Up	001:00	018
Pest Management	National Pest Management	000:30	040
Pest Management	National Pest Management	001:00	034
POVERTY	HABITAT FOR HUMANITY	000:31	007
Recycling	Keep America Beautiful	000:20	001
Riverfest	River Reach Foundation	000:29	004
SAFE DRIVING	PROJECT YELLOW LIGHT	000:30	005
san juan college students	San Juan College	000:29	050
Seat Belt Safety	NHTSA	000:30	006
Seat Belt Safety	NHTSA	001:00	010
Senior Citizen Affairs	Lower Valley Senior Center	000:25	038
Senior Olympics	Sycamore Park Community Cente	000:24	033
Shelter Pet Adoption	Humane Society of U S	000:15	011

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Shelter Pet Adoption	Humane Society of U S	000:30	011
Shelter Pet Adoption	Humane Society of U S	001:00	018
Stroke Awareness	american heart assoc	000:30	007
Stroke Awareness	american heart assoc	001:00	005
Teacher Recruitment	TEACH	000:30	001
Teacher Recruitment	TEACH	001:00	010
Teen/Youth Services	Desert View Family Counseling	000:28	007
Texting & Driving	National Traffic Safety Admin	000:30	018
Theater Arts	San Juan College Theater	000:32	017
Tobacco	Youth Leadership Council	000:30	030
Type 2 Diabetes Prevention	American Diabetes Association	000:30	002
Type 2 Diabetes Prevention	American Diabetes Association	001:00	005
Underage Drinking	NHTSA	000:15	007
us marines	U.S. Marine Corps	000:15	005
us marines	U.S. Marine Corps	000:16	026
Veterans Aid	Paralyzed Veterans of America	000:15	028
Veterans Aid	Paralyzed Veterans of America	000:20	016
Veterans Aid	Wounded Warrior Project	000:30	024
Veterans Aid	Wounded Warrior Project	001:00	038
Veterans Services	Shiprock Chapter House	000:26	020
Veterans Services	Veterans of America	000:20	013
Wildfire Prevention	U.S. Forest Service	000:15	006
Wildfire Prevention	U.S. Forest Service	000:30	007
Wildfire Prevention	U.S. Forest Service	001:00	005