

KCQL
Farmington, NM
Quarterly Issues/Programs List
Third Quarter, 2019
09/30/2019

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:

- **Alzheimer's Disease:** Alzheimer (tm)s is a horrible disease in that it strikes the mind of the afflicted. The simplest memory is erased and the easiest tasks are forgotten. Mr. Lynch is the Executive Director of this region of the Alzheimer (tm)s Association, and Ms. Deal has suffered terribly as the widow and former caretaker of a patient, her husband Larry. She described many of the hardships that she endured while taking care of her husband, from feeding to bathing, to the frustration of seeing her most intimate friend slip away. Mr. Lynch told us about support groups that caretakers can attend, to gain more insight, and know they are not alone. He also talked about the Alzheimer (tm)s Walk, an event to memorialize those passed, and to celebrate the research that is always going forward for treatment.
- **At Risk Child Services:** We spoke with Andrea Pena, the Development Director of Childhaven about their 50th Anniversary. Childhaven was formed in 1969 by a group of local citizens as a shelter for at risk children. Over time, and as the demand grew, a permanent facility was designated to be the new home of an expanded Childhaven. The services they provide range from emergency shelter, parenting classes and court appointed special advocates. Counseling and therapy are also provided during what can be the toughest times these children will ever face. In early September, Childhaven (tm)s 50th Anniversary Fundraising party will be held. The party aims to celebrate the 50 years of service to the community, and take a look at what (tm)s to come.
- **Cancer Care/Treatment:** Coming up next week is the 39th annual Cancer Walk a Thon that benefits the San Juan Medical Foundation and the Connelly Hospitality House. The house is a place for patients and their families to stay while they or their loved one is taking treatment at San Juan Regional Medical Center. It provides a safe, quite place for families to be close throughout the process while their patient is receiving care or healing. The 39th annual walk a thon is a three mile walk, to raise money for the foundation. During the show, we talked about events that will happen before, during and after the walk, the history of both the walk and the house, the history of the Medical Foundation, and how people can sign up to participate.
- **Charitable Engagement/Volunteerism:** Our show this week focused on 9/11, a day of remembrance as well as the continued impact 9/11 has had on

First Responders. Ed Cetnar spoke about remembering those that were lost on that day and doing acts of good on 9/11. He also spoke about the illnesses he continues to fight from the toxins emitted by the rubble. Also on the show was Jay Winuk, co-founder of 9/11 Day, whose younger brother died in the line of duty in the terrorist attack at the World Trade Center. He spoke about turning tragedy into positivity, and asked everyone to do something good in memory and in honor of those that were lost on that day 18 years ago.

- **Continuing Education:** For those seeking a high school equivalency diploma, the ACE-San Juan College Academic and Career Engagement Center helps students prepare for both the GED & HiSet tests at their own pace. Students receive multi-tiered instruction in classes about math, science and language, along with technology, management and leadership. The best part, it (tm)s free. To get started, we informed listeners about how and when to pick up packets, along with information finding information online. Onboarding sessions will be held in August and September. Those interested are required to complete an onboarding packet prior to attending an onboarding session. Packets can be found at sanjuancollege.edu/ACECenter.
- **Drug & Alcohol Recovery:** This week, we spoke with Mo Ortega, case worker at Four Winds Rehabilitation Center in Farmington. September is National Rehabilitation Month, so Mo was happy to come in and talk about the history of the Farmington facility, how it has changed from a simple drunk tank to a much needed drug and alcohol rehabilitation facility and resource in the community, and where it is going in the future. We also discussed events that will be help to celebrate National Rehabilitation month, such as a local 5K run and 1K walk event, plus a month long raffle. Proceeds from the event will help fund Four Winds.
- **Economic Development:** We spoke with Mike Lewis about the plans for the future of the Four Corners Regional Airport. Mike relayed his vision for the future of the airport. In the 1990 (tm)s, the airport was the second busiest carrier in the state of New Mexico. Nearly 800,000 people visited annually, and then the oil and gas industries fell on harder times. When the last major carrier went bankrupt, the Farmington Airport dried up. Pivoting away from the oil and gas industry, Farmington is attempting to become an outdoor recreational destination for visitors. There is a new independent carrier interested in bringing air service back to the city, and monies are being used to refurbish the grounds, and put together a fresh marketing plan. We also spoke about an upcoming Rotary event and fundraiser.
- **Economic Development/Tourism:** Natalie Spruell of the Sycamore Park Community Center was our guest this week to discuss her new role and upcoming events of the Farmington Parks and Recreation Department. First we talked about the grand opening of Bisti Bay, the new outdoor water park at Brookside Park in Farmington. Bisti Bay features a lazy river, lap pool, water features and a host of other ways to get wet and stay cool during the hot summer months in Farmington. We also chatted about one of the most popular events the parks and recreation department sponsors, the Farmington Downtown Rod Run, an annual weekend car event that attracts many car enthusiasts from afar to the region.

- **Education:** The Farmington Chamber of Commerce and San Juan College have teamed up for a series of programs geared at both students and teachers to illustrate the value of an education. "It's YOUR Life" is an exercise in which students volunteer to drop out and learn the difficulties of trying to live without the benefit of a diploma. George Sharpe, member of the Farmington Chamber of Commerce Education Committee, hosts the "It's YOUR Life" program which will have two training sessions later this month. We discussed the impact of students who make choices to go into the work force without a diploma or advanced education and the challenges they face.
- **Education/Recreation:** Learning about yourself and other cultures can be a very good time. This weekend will be a very good time at Riverside Park in Aztec, as it hosts the 9th annual Aztec Highland Games & Celtic Festival. It (tm)s a chance to learn more about the history, culture and people of the northern islands, their food, their games, arts, crafts, music and much more. There will be many live action events to bring the people of William Wallace (tm)s homeland to life. A great educational time for the entire family! All proceed from the event go to various children (tm)s organizations in the area.
- **Mens Health:** This week Ginger Palmer and Traci Fletcher from the San Juan Regional Medical Foundation came in to talk about two specific things. First, we talked about the Riley Men (tm)s Health Fund. The RMHF is a community based, independent 501c3 committed to embracing men (tm)s health care in the region. Donations to the fund are tax deductible, and the fund is designed to give financial medical assistance for low income men. We also spoke of an up-coming fund raiser, The Taco and Bloody Mary contest. Funds from the event will come from entry fees and sales, in a friendly competition where we will find out who makes the best Tacos & Bloody Mary (tm)s in the area. All funds raised go directly to the San Juan Medical Foundation, and the Riley Men (tm)s Health Fund.
- **Special Olympics:** A group of four local civil servants from the Farmington Police Department and Farmington Fire Department came in today to discuss the upcoming fund raiser for the annual Law Enforcement Torch Run for Special Olympics. We focused on two events: The Guns and Hoses Rib Relay Challenge, a rib eating contest between the Farmington police department and fire department. The Special Olympic Athletes will also have an eat-off contest before the main event. That day, 10 percent of all purchases at the local Texas Roadhouse restaurant will be donated to Special Olympics. The second item of discussion was a large raffle that will be held, prizes include a Coach handbag, raft rides, kayaking, golf getaways and many other prizes.
- **Volunteerism :** On this week (tm)s show, we took a look at volunteerism in Farmington. We met the city (tm)s Manager of the Mayors Volunteer Programs, Kandy Lemoine. Kandy judges the needs of the city, and where to send volunteers so their skill sets match the need. She talked about the number of volunteers active in programs, and assures us that they can always use new hands on the job. Jeremy Jackson heads the Volunteer Programs at the Farmington Public Library, and is also working on a new volunteer website for the city which will break down the different jobs available for volunteers, making it easier to match the right job to

the individual.

**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
Mens Health	Four Corners Focus/San Juan Medical Foundation	This week Ginger Palmer and Traci Fletcher from the San Juan Regional Medical Foundation came in to talk about two specific things. First, we talked about the Riley Men (tm)s Health Fund. The RMHF is a community based, independent 501c3 committed to embracing men (tm)s health care in the region. Donations to the fund are tax deductible, and the fund is designed to give financial medical assistance for low income men. We also spoke of an up-coming fund raiser, The Taco and Bloody Mary contest. Funds from the event will come from entry fees and sales, in a friendly competition where we will find out who makes the best Tacos & Bloody Mary (tm)s in the area. All funds raised go directly to the San Juan Medical Foundation, and the Riley Men (tm)s Health Fund.	Ginger Palmer/Traci Fletcher	07/07/2019 07:28 AM	029:07
Economic Development/Tourism	Four Corners Focus/Farmington Parks and Recreation	Natalie Spruell of the Sycamore Park Community Center was our guest this week to discuss her new role and upcoming events of the Farmington Parks and &	Natalie Spruell	07/14/2019 07:27 AM	030:06

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>Recreation Department. First we talked about the grand opening of Bisti Bay, the new outdoor water park at Brookside Park in Farmington. Bisti Bay features a lazy river, lap pool, water features and a host of other ways to get wet and stay cool during the hot summer months in Farmington. We also chatted about one of the most popular events the parks and recreation department sponsors, the Farmington Downtown Rod Run, an annual weekend car event that attracts many car enthusiasts from afar to the region.</p>			
Volunteerism	Four Corners Focus/City of Farmington Volunteer Programs	<p>On this week (tm)s show, we took a look at volunteerism in Farmington. We met the city (tm)s Manager of the Mayors Volunteer Programs, Kandy Lemoine. Kandy judges the needs of the city, and where to send volunteers so their skill sets match the need. She talked about the number of volunteers active in programs, and assures us that they can always use new hands on the job. Jeremy Jackson heads the Volunteer Programs at the Farmington Public Library, and is also working on a new volunteer website for the city which will break down the different jobs available for volunteers, making it easier to match the right job to the individual.</p>	Kandy LeMoine/Jeremy Jackson	07/21/2019 07:27 AM	029:59
At Risk Child Services	Four Corners	We spoke with Andrea	Andrea Pena	07/28/2019	027:24

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
	Focus/Childhaven at 50	<p>Pena, the Development Director of Childhaven about their 50th Anniversary. Childhaven was formed in 1969 by a group of local citizens as a shelter for at risk children. Over time, and as the demand grew, a permanent facility was designated to be the new home of an expanded Childhaven. The services they provide range from emergency shelter, parenting classes and court appointed special advocates. Counseling and therapy are also provided during what can be the toughest times these children will ever face. In early September, Childhaven (tm)s 50th Anniversary Fundraising party will be held. The party aims to celebrate the 50 years of service to the community, and take a look at what (tm)s to come.</p>		07:29 AM	
Continuing Education	Four Corners Focus/San Juan College ACE Program	<p>For those seeking a high school equivalency diploma, the ACE-San Juan College Academic and Career Engagement Center helps students prepare for both the GED & HiSet tests at their own pace. Students receive multi-tiered instruction in classes about math, science and language, along with technology, management and leadership. The best part, it (tm)s free. To get started, we informed listeners about how and when to pick up packets, along with information finding information online. Onboarding sessions will be held in August and</p>	Jenny Lambert-Beaty	08/04/2019 07:28 AM	027:46

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>September. Those interested are required to complete an onboarding packet prior to attending an onboarding session. Packets can be found at sanjuancollege.edu/ACECenter.</p>			
Education	<p>Four Corners Focus-It's YOUR Life</p>	<p>The Farmington Chamber of Commerce and San Juan College have teamed up for a series of programs geared at both students and teachers to illustrate the value of an education. "It's YOUR Life" is an exercise in which students volunteer to drop out and learn the difficulties of trying to live without the benefit of a diploma. George Sharpe, member of the Farmington Chamber of Commerce Education Committee, hosts the "It's YOUR Life" program which will have two training sessions later this month. We discussed the impact of students who make choices to go into the work force without a diploma or advanced education and the challenges they face.</p>	<p>George Sharpe</p>	<p>08/11/2019 07:27 AM</p>	028:55
Drug & Alcohol Recovery	<p>Four Corners Focus-National Recovery Month</p>	<p>This week, we spoke with Mo Ortega, case worker at Four Winds Rehabilitation Center in Farmington. September is National Rehabilitation Month, so Mo was happy to come in and talk about the history of the Farmington facility, how it has changed from a simple drunk tank to a much needed drug and alcohol rehabilitation facility and resource in the community, and where it is going in the future. We</p>	<p>Mo Ortega</p>	<p>08/18/2019 07:27 AM</p>	030:03

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>also discussed events that will be help to celebrate National Rehabilitation month, such as a local 5K run and 1K walk event, plus a month long raffle. Proceeds from the event will help fund Four Winds.</p>			
Alzheimer's Disease	Four Corners Focus-Alzheimers Walk	<p>Alzheimer (tm)s is a horrible disease in that it strikes the mind of the afflicted. The simplest memory is erased and the easiest tasks are forgotten. Mr. Lynch is the Executive Director of this region of the Alzheimer (tm)s Association, and Ms. Deal has suffered terribly as the widow and former caretaker of a patient, her husband Larry. She described many of the hardships that she endured while taking care of her husband, from feeding to bathing, to the frustration of seeing her most intimate friend slip away. Mr. Lynch told us about support groups that caretakers can attend, to gain more insight, and know they are not alone. He also talked about the Alzheimer (tm)s Walk, an event to memorialize those passed, and to celebrate the research that is always going forward for treatment.</p>	Waldon Lynch-Sharon Deal	08/25/2019 07:27 AM	028:59
Economic Development	Four Corners Focus-Airport Revitalization	<p>We spoke with Mike Lewis about the plans for the future of the Four Corners Regional Airport. Mike relayed his vision for the future of the airport. In the 1990 (tm)s, the airport was the second busiest carrier in the state of New</p>	Mike Lewis	09/01/2019 07:28 AM	027:25

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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Mexico. Nearly 800,000 people visited annually, and then the oil and gas industries fell on harder times. When the last major carrier went bankrupt, the Farmington Airport dried up. Pivoting away from the oil and gas industry, Farmington is attempting to become an outdoor recreational destination for visitors. There is a new independent carrier interested in bringing air service back to the city, and monies are being used to refurbish the grounds, and put together a fresh marketing plan. We also spoke about an upcoming Rotary event and fundraiser.

Charitable Engagement/Volunteering

Four Corners Focus-911 Day/Honoring Heroes

Our show this week focused on 9/11, a day of remembrance as well as the continued impact 9/11 has had on First Responders. Ed Cetnar spoke about remembering those that were lost on that day and doing acts of good on 9/11. He also spoke about the illnesses he continues to fight from the toxins emitted by the rubble. Also on the show was Jay Winuk, co-founder of 9/11 Day, whose younger brother died in the line of duty in the terrorist attack at the World Trade Center. He spoke about turning tragedy into positivity, and asked everyone to do something good in memory and in honor of those that were lost on that day 18 years ago.

Edward Citnar/Jay Winuk

09/08/2019 07:29 AM

027:27

Cancer

Four Corners

Coming up next week is

Ginger

09/15/2019

028:48

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Care/Treatment	Focus-San Juan Medical Foundation	<p>the 39th annual Cancer Walk a Thon that benefits the San Juan Medical Foundation and the Connelly Hospitality House. The house is a place for patients and their families to stay while they or their loved one is taking treatment at San Juan Regional Medical Center. It provides a safe, quite place for families to be close throughout the process while their patient is receiving care or healing. The 39th annual walk a thon is a three mile walk, to raise money for the foundation. During the show, we talked about events that will happen before, during and after the walk, the history of both the walk and the house, the history of the Medical Foundation, and how people can sign up to participate.</p>	Palmer/Traci Fletcher	07:28 AM	
Special Olympics	Four Corners Focus-Guns and Hoses Challenge	<p>A group of four local civil servants from the Farmington Police Department and Farmington Fire Department came in today to discuss the upcoming fund raiser for the annual Law Enforcement Torch Run for Special Olympics. We focused on two events: The Guns and Hoses Rib Relay Challenge, a rib eating contest between the Farmington police department and fire department. The Special Olympic Athletes will also have an eat-off contest before the main event. That day, 10 percent of all purchases at the local</p>	Lt. Laino, Spruell, Byers and Groomer	09/22/2019 07:28 AM	029:27

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		Texas Roadhouse restaurant will be donated to Special Olympics. The second item of discussion was a large raffle that will be held, prizes include a Coach handbag, raft rides, kayaking, golf getaways and many other prizes.			
Education/Recreation	Four Corners Focus-Aztec Highland Games & Celtic Fest	Learning about yourself and other cultures can be a very good time. This weekend will be a very good time at Riverside Park in Aztec, as it hosts the 9th annual Aztec Highland Games & Celtic Festival. It (tm)s a chance to learn more about the history, culture and people of the northern islands, their food, their games, arts, crafts, music and much more. There will be many live action events to bring the people of William Wallace (tm)s homeland to life. A great educational time for the entire family! All proceed from the event go to various children (tm)s organizations in the area.	Christa Chapman	09/29/2019 07:28 AM	028:17

**Section II
NETWORK (and/or SYNDICATED) PROGRAMMING**

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

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



Weekly Public Affairs Program

Call Letters: KCQL-AM

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2019

Show # 2019-27

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

Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario

Dr. Gibala led a study that found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. He recommends the plan for occasionally busy days, not as a permanent substitute for longer and more moderate workouts. He said the findings put to rest the common excuse for not getting in shape: there is not enough time.

Issues covered:
Personal Health

Length: 8:52

Chris Melde, PhD, Associate Professor and Director of Graduate Studies, School of Criminal Justice at Michigan State University

Dr. Melde was the co-author of a study of street gang membership. He found that depression and suicidal thoughts or attempts are common among youth who join gangs. He outlined the reasons that many troubled teens join gangs and why gang life causes already significant problems in their lives to become even worse.

Issues covered:
Youth at Risk
Mental Health
Crime

Length: 8:24

Matthias Hollwich, internationally-recognized architect, author of "*New Aging: Live Smarter Now to Live Better Forever*"

Mr. Hollwich discussed ways that homes and communities can be redesigned to make aging a graceful and fulfilling aspect of life. He discussed changes to specific rooms, to help seniors stay safely in their homes for as long as possible.

Issues covered:
Home Safety
Retirement Planning
Senior Citizens

Length: 4:55

Show # 2019-28

Date aired: 7/14 Time Aired: 7:00A

Claire Nee, PhD, Director of the International Centre for Research in Forensic Psychology, University of Portsmouth, UK

Prof. Nee led an international study of the behavior of burglars. She discussed the surprising degree of knowledge and skill of experienced thieves in choosing which home to target, how to navigate inside and what to take. She offered crime prevention suggestions to make a home less vulnerable to burglary.

Issues covered:
Crime Prevention

Length: 9:15

Raafi-Karim Alidina, expert in building equality, diversity and inclusive cultures in organizations, co-author of "*Building an Inclusive Organization: Leveraging the Power of a Diverse Workforce*"

Mr. Alidina said in the world of business, diversity is often given lip service, if it receives any attention at all. He explained why diversity and inclusion is crucial to the survival of companies. He outlined steps that business leaders can take to make themselves and their companies more inclusive.

Issues covered:
Discrimination
Workplace Matters

Length: 8:04

Chick Moorman, educator, co-author of "*The 10 Commitments: Parenting with Purpose*"

Mr. Moorman talked about the verbal skills that parents should have to raise responsible and confident children. He offered tips on how parents can discipline their children in positive ways to create a culture of accountability.

Issues covered:
Parenting Issues
Education
Family

Length: 4:49

Show # 2019-29

Date aired: 7/21 Time Aired: 7:00A

Bart de Langhe, PhD, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder

Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe led a study that found that there is little correlation between better online user ratings and the quality of a product. He explained why consumer opinions often fail to agree with objective product research by consumer organizations.

Issues covered:
Consumer Matters

Length: 8:06

W. David Brown, PhD, DABSM, CBSM, Sleep Psychologist at Children's Medical Center, Dallas, co-author of *"Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed"*

Many Americans believe that less sleep equals more productivity. But Dr. Brown said that sufficient sleep and success go hand in hand. He discussed the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance workplace performance.

Issues covered:
Personal Health
Career

Length: 9:01

Judith Prochaska, PhD, MPH, Associate Professor of Medicine, Stanford University School of Medicine

Dr. Prochaska was the lead author of a study comparing employment in smokers and nonsmokers. She found that after 12 months, smokers were less likely to have found a job than nonsmokers, and those who did earned less than nonsmokers. She explained the reasons that employers may be wary of hiring smokers and how they sometimes screen them out in the hiring process.

Issues covered:
Unemployment
Personal Health

Length: 5:03

Show # 2019-30

Date aired: 1/28 **Time Aired:** 7:00A

Tyler J. VanderWeele, PhD, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University

Those who attend church services on a regular basis may receive more than just spiritual benefits—they may live longer. Dr. VanderWeele led a study that found that women who went to church more than once a week had a 33% lower risk of dying, compared to those who never went. He talked about the potential reasons behind the finding. He said it is conceivable in the future that doctors routinely ask about church attendance during medical checkups.

Issues covered:
Personal Health
Religion

Length: 8:48

Kostadin Kushlev, PhD, psychology research scientist, University of Virginia

Smartphones have become part of everyday life. Dr. Kushlev led a study that found that the increasingly pervasive use of digital technology may be causing ADHD-like symptoms even among the general population. He explained why being separated from a smartphone may cause people to experience distraction, difficulty focusing and getting bored easily when trying to focus.

Issues covered:
Mental Health
Consumer Matters

Length: 8:27

Carl Cotman, PhD, Professor of Neurology and Neurobiology, Director of the Institute for Brain Aging and Dementia, University of California, Irvine

Dr. Cotman explained the results of new research into brain health for seniors. The study found that eating almonds, engaging in exercise and participating in brain-stimulating activities can keep aging brain cells in shape. This may delay or prevent Alzheimer's Disease.

Issues covered:

**Alzheimer's' Disease
Health Issues
Senior Issues**

Length: 4:56

Show # 2019-31

Date aired: 8/4 **Time Aired:** 7:00A

Alisa Divine, domestic abuse survivor, author of "*#She Wins: Harrowing Stories from Women Who Survived Domestic Abuse*"

Ms. Divine said that domestic and sexual abuse is a huge problem but often the victims get little help. She explained why it is so important to shed light on the issue and educate the public about the warning signs. She also explained why leaving an abusive situation is the most dangerous time for the victim, and how victims can find help.

Issues covered:

**Domestic Abuse
Women's Issues**

Length: 9:05

Matt Fellowes, founder and CEO of United Income, a retirement-focused online investment management and financial planning company based in Washington, D.C.

Mr. Fellowes co-authored a report that found that only 4% of retirees sign up for Social Security at the most profitable time. He said this single mistake costs the typical American household an average of \$111,000 in lost retirement income. He said that most people should claim Social Security later than they typically do, but he recommends seeking professional advice.

Issues covered:

**Retirement Planning
Personal Finance
Government Programs**

Length: 8:12

Jason Forman, PhD, Principal Scientist at the Center for Applied Biomechanics at the University of Virginia

Dr. Forman led a study that concluded that women are 73 percent more likely to be injured in a car accident than men. Older people were also at greater risk of injury. He talked about the likely reasons behind this trend. He also said that all car occupants are now more than half as likely to sustain serious injuries in cars less than ten years old than in older cars.

Issues covered:

**Traffic Safety
Women's Issues
Senior Citizens**

Length: 5:03

Show # 2019-32

Date aired: 8/11 Time Aired: 7:00A

Charee Thompson, PhD, Assistant Professor of Communication Studies at Ohio University

Dr. Thompson was the co-author of a study of college students, drinking and social media. She discovered that having an "alcohol identity" puts college students at greater risk of having drinking problems. Her study also found that posting about alcohol use on social media sites is actually a stronger predictor of alcohol problems than having a drink. She discussed possible strategies to reduce alcohol abuse on college campuses.

Issues covered:
Substance Abuse
Education
Social Media

Length: 6:52

Iris Bohnet, PhD, Professor of Public Policy, Behavioral Economist at Harvard University, Director of the Women and Public Policy Program, Co-Chair of the Behavioral Insights Group at the Kennedy School of Government, author of "*What Works: Gender Equality by Design*"

Dr. Bohnet discussed gender equality in the workplace and why it's good business. She explained why diversity training programs have had limited success. She outlined the latest research into quick and often inexpensive ways that companies can address gender bias and improve performance.

Issues covered:
Gender Equality
Women's Issues
Workplace Matters

Length: 10:17

Matthew J. Quade, PhD, Assistant Professor in the Department of Management at the Hankamer School of Business, Baylor University

Unethical behaviors by employees can tarnish an organization's reputation, lead to considerable monetary losses, and even result in legal prosecutions. Dr. Quade led a study that found that, in many cases, employees will tolerate misdeeds from a coworker who has the reputation of being a high performer. He believes companies need to examine how they prioritize performance over ethics.

Issues covered:
Ethics
Workplace Matters

Length: 4:56

Show # 2019-33

Date aired: 8/18 Time Aired: 7:00A

Susan Frankel, Executive Director at National Runaway Safeline

Ms. Frankel discussed the increasing problem of runaway and homeless teenagers. She said 1 out of 30 youth ages 13-17 experience homelessness at some point each year, 4.2 million in all. She explained the reasons that young people leave and how they survive on the streets. She outlined the services that her organization offers to help.

Issues covered:
Youth at Risk
Homelessness
Parenting

Length: 9:40

William Chopik, PhD, Associate Professor of Psychology at Michigan State University

Prof. Chopik led a study that examined biases toward people with disabilities. He said bias toward people with disabilities is quite common, but few will acknowledge it. He talked about the demographic groups who are most likely to be prejudiced towards the disabled, and how the problem can be addressed.

Issues covered:
Disabilities
Discrimination

Length: 7:37

Julius McGee, PhD, Assistant Professor of Sociology in the College of Liberal Arts and Sciences at Portland State University

Efforts to replace fossil fuels with renewable energy sources can help lower carbon emissions. However, Prof. McGee led a recent study that found that renewable energy increases "energy inequality" for lower-income Americans because it costs more than energy produced by oil, coal and natural gas.

Issues covered:
Renewable Energy
Poverty
Government Policies

Length: 4:53

Show # 2019-34

Date aired: 8/25 Time Aired: 7:00A

Will McCallum, Head of Oceans at Greenpeace UK, author of "*How to Give Up Plastic: A Guide to Changing the World, One Plastic Bottle at a Time*"

Humans produce over 300 million tons of plastic each year, with 12.7 million tons ending up in our oceans. Mr. McCallum discussed the major impact that plastic and microplastic waste has on marine life and the environment. He said it is not possible to recycle all of the plastics used in our everyday lives. He outlined small changes that anyone can make to reduce the amount of plastic waste in their home or community.

Issues covered:
Pollution
Recycling
Consumer Matters

Length: 9:40

Joanne Lara, M.A., autism expert, former special education teacher, Executive Director of the organization "Autism Works Now"

Up to 85 percent of autistic adults are either unemployed or underemployed. Ms. Lara's organization teaches pre-employment and workplace readiness skills to young adults with autism. She outlined the challenges faced by autistic students, and she explained the role that parents, schools and employers play in helping them to secure meaningful employment.

Issues covered:
Autism
Employment
Discrimination

Length: 7:37

Joseph Palamar, PhD, Associate Professor in the Department of Population Health at the NYU School of Medicine

Prof. Palamar led a study that found that teenagers are more likely to experiment with recreational drugs such as LSD, marijuana, cocaine or ecstasy for the first time during the summer months. He said that the amount of free time on their hands once the school year ends and activities like music festivals are major factors in this risky behavior. He said parents should educate and warn their kids about using recreational drugs, their risks and side effects.

Issues covered:
Drug Abuse
Youth at Risk

Length: 4:53

Show # 2019-35

Date aired: 9/11

Time Aired: 7:00A

Leslie Stahl, longtime reporter for 60 Minutes, author of "*Becoming Grandma: The Joys and Science of the New Grandparenting*"

Ms. Stahl discussed the profound changes and emotions experienced when someone becomes a grandparent. She talked about the physiological changes that occur in women when they have grandchildren, and the therapeutic effects of grandchildren on both grandmothers and grandfathers. She also explained how heartbreakingly common it is for grandparents to be denied access to their grandchildren.

Issues covered:
Family Matters
Senior Citizens

Length: 9:15

Kevin Kelly, co-founder and former executive editor of Wired magazine, author of "*The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future*"

Mr. Kelly discussed twelve technological imperatives that he believes will shape the next thirty years and transform our lives. He is optimistic about innovations, from virtual reality in the home to an on-demand economy to artificial intelligence embedded in everything we manufacture. He offered advice to young people who are plotting educational and career paths in a rapidly-changing tech environment.

Issues covered:
Technology
Education
Privacy
Career

Length: 7:55

Edward G. Brown, author of "*The Time Bandit Solution: Recovering Stolen Time You Never Knew You Had*"

According to Mr. Brown, 40 to 60% of time at work is squandered by time bandits—co-workers who demand precious time without thinking. He offered suggestions on how to negotiate with time bandits to prevent unwanted, unnecessary and unproductive interruptions.

Issues covered:
Workplace Matters
Productivity

Length: 5:04

Show # 2019-36

Date aired: 9/8 Time Aired: 7:00A

Emily Oster, PhD, Professor of Economics at Brown University, author of "*Cribsheet: A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool*"

An abundance of often-conflicting advice is usually hurled at new parents from doctors, family, friends, and strangers on the internet. Dr. Oster examined some of this standard advice, compared it to scientific research and found that the conventional wisdom is often wrong. She offered advice to help new moms and dads to be better and more relaxed parents.

Issues covered:
Parenting

Length: 7:31

Roy Ramthun, M.A., Founder and President of HSA Consulting Services and the web site AskMrHSA.com

Mr. Ramthun discussed the merits of Health Savings Accounts and how they compare to traditional insurance. He said more Americans should be willing to ask what a medical procedure or medication costs, then shop around to be sure they are not overpaying. He explained how to search for an HSA insurance policy and its companion savings account.

Issues covered:
Healthcare
Consumer Matters

Length: 9:46

Joel E. Segel, PhD, Assistant Professor of Health Policy and Administration at Penn State University

The devastating consequences of the opioid crisis are far-reaching in the United States. Prof. Segel was a co-author of a study that examined the costs to society in general and to state and local budgets in particular. He said the most significant impact to taxpayers was treatment costs borne by the Medicare programs run by states, and lost tax revenue from people who exited the workforce because of addictions.

Issues covered:
Government Spending
Drug Abuse
Medicare

Length: 5:02

Show # 2019-37

Date aired: 9/15 Time Aired: 7:00A

Frank Abagnale, former professional imposter, fraud prevention expert, consultant and lecturer for the FBI academy and field offices, author of "*Scam Me If You Can: Simple Strategies to Outsmart Today's Rip-off Artists*"

Mr. Abagnale discussed the most common scams targeting American consumers. He said scams themselves have changed very little through the years, but the technology used to target victims has improved dramatically. He said millennials are scammed more often than seniors, but seniors typically lose more money. He offered advice for consumers to protect themselves from scammers.

Issues covered:
Crime
Identity Theft
Consumer Matters

Length: 9:07

Amy Serin, PhD, neuropsychologist, author of *"The Stress Switch: The Truth About Stress and How to Short-Circuit It"*

Dr. Serin discussed the increasing levels of stress in today's everyday life, and the most common causes of it. She said excessive use of social media can trigger insecurities and depression. She said most of the time, people aren't even aware that they are stressed. She outlined steps to take for stress relief.

Issues covered:
Mental Health

Length: 8:04

Hank Green, YouTube star and STEM education proponent

Jobs related to STEM – science, technology, engineering and mathematics – are expected to continue growing, but the United States doesn't have enough workers with the skills to fill those roles. Mr. Green explained why STEM skills are so important for the future workforce, and how parents can encourage their youngsters to pursue STEM careers.

Issues covered:
Education
Employment
Parenting

Length: 5:02

Show # 2019-38

Date aired: 9/22 **Time Aired:** 7:00A

Maria Russo, Children's Books Editor of the New York Times Book Review, co-author of *"How to Raise A Reader"*

Ms. Russo explained the importance of child literacy, and the steps parents can take to raise a reader in an age when screens are competing for a child's attention. She said any form of book is fine, including audio books, graphic novels and comic books. She explained why it is important to begin reading to children at the youngest age possible, and offered ideas on how to engage a reluctant reader.

Issues covered:
Literacy
Parenting
Education

Length: 9:22

Barbara Hemphill, founder of The Productive Environment Institute, former President of the National Association of Productivity & Organizing Professionals, author of the *"Taming the Paper Tiger"* book series by Kiplinger's, and the more recent book is *"Less Clutter, More Life."*

A recent study found that business owners, executives and entrepreneurs waste 21.8 hours a week on everything from internet surfing to useless meetings. Ms. Hemphill said the biggest productivity black hole for anyone is e-mail. She outlined the reasons that people lose focus at work and steps they can take to be less distracted.

Issues covered:
Workplace Matters
Productivity

Length: 8:01

Rebecca Bigler, PhD, Professor Emerita at the University of Texas at Austin

Prof. Bigler was part of a team of researchers that sought to learn more about the political development of the nation's children. The study found that children demonstrated a surprisingly high level of interest in and knowledge about the most recent presidential election and candidates, but many had gaps in their knowledge. She offered advice for parents to help their children learn more about civics and the election process, particularly heading into the next presidential election.

Issues covered:

**Civics and Citizenship
Parenting**

Length: 5:11

Show # 2019-39

Date aired: 9/29 **Time Aired:** 7:00A

Caitlin M. Zaloom, PhD, Associate Professor of Social and Cultural Analysis at New York University

The average annual price tag for attending a private, four-year American college is now nearly \$50,000. Prof. Zaloom led a study that found that paying for college is taking a toll on middle-class families in ways that are more profound and less appreciated than even the financial cost conveys. She said that shouldering the weight of paying for college is often seen by parents as a moral obligation to their children.

Issues covered:

**Education
Personal Finance
Parenting**

Length: 9:34

Bridget Freisthler, PhD, Professor of Social Work at Ohio State University

54 percent of adults who use marijuana in the United States are parents. Prof. Freisthler led a study that found that parents who use marijuana utilize more discipline techniques on their children on average than non-users, ranging from timeouts to, in some cases, physical abuse. She found that the same was true of alcohol users. She said that with the growing acceptance of marijuana in American society, users need to be aware that the drug affects numerous forms of behavior, including parenting.

Issues covered:

**Substance Abuse
Child Abuse
Parenting**

Length: 7:30

Tracy McCubbin, author of *"Making Space, Clutter Free: The Last Book on Decluttering You'll Ever Need"*

Ms. McCubbin talked about the value of teaching organization skills to children during back to school time. She offered numerous tips for parents to clear the clutter as kids start the new school year, including how to decide what to donate or discard, and the importance of an organized desk.

Issues covered:

**Parenting
Education**

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	192
Adoption/Foster Care	Dept of Health and Human Serv	000:15	099
American Heart Association	American Medical Association	001:00	196
American Medical Association	cdc	001:00	190
Breast Cancer Risk Education	Susan B. Komen Foundation	000:15	001
Breast Cancer Risk Education	Susan B. Komen Foundation	000:30	002
Bullying Prevention	Ad Council	000:30	113
Buzzed Driving Prevention	NHTSA	000:30	112
Center For Disease Control	Center For Disease Control	000:29	111
Child Safety	Children, Youth & Families	001:00	064
Child Safety, Fitness	Children, Youth & Families	000:30	024
Childhood Hunger	world vision	000:15	092
Childhood Hunger	world vision	000:52	142
Children's Health	Children's Miracle Network	000:29	001
Children's Health	Children's Miracle Network	000:30	003
Children's Health	Children, Youth & Families	000:15	083
Children's Services	world vision	000:29	111
COMMUNITY INVOLVEMENT	NO KID HUNGRY	000:30	003
Department of Health & Human	Dept of Health and Human Serv	000:15	092
Discover Nature	U.S. Forest Service	000:15	022
Dollar General Literacy Found	Dollar General Literacy Found	001:00	204
Driving Safety	NMBA	000:29	068
Driving Safety	NMBA	000:30	067

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Drunk Driving Prevention	NMBA	000:30	053
Education	NATIONAL SUMMER LEARNING	000:31	023
Fatherhood Involvement	U.S. Health & Human Services	000:30	211
feeding america	Ad Council	001:00	195
GLOBAL CITIZEN FEST	GLOBAL CITIZEN FESTIVAL	000:30	001
Health & Wellness	cdc	000:29	033
Health & Wellness	cdc	000:30	061
Health & Wellness	San Juan Regional Hospital	000:24	049
Health & Wellness	San Juan Regional Hospital	000:25	257
Health & Wellness	San Juan Regional Hospital	000:26	309
Health & Wellness	San Juan Regional Hospital	000:27	075
Hunger Prevention	Salvation Army	000:30	002
Job Training	Goodwill	001:00	019
Make-A-Wish	Make-A-Wish	000:30	121
Mental Health Minutes	Mental Health Issues	000:49	041
Mental Health Minutes	Mental Health Issues	000:50	040
Mental Health Minutes	Mental Health Issues	001:00	066
mental health talk	nami	000:30	239
mental health talk	nami	000:32	227
mental health talk	nami	000:34	115
mental health talk	nami	000:35	123
National Fatherhood Initiativ	Health and Human Services	001:00	186
NHSTA	Ad Council	000:30	102
NHSTA	NHTSA	000:15	106
NHSTA	NHTSA	000:59	197
NHSTA	NHTSA	001:00	200
NO KID HUNGY CAMPAIGN	CHILD MIND INSTITUTE-HOW TO T	000:30	023
NO KID HUNGY CAMPAIGN	NO KID HUNGRY	000:30	011
organ donors	health resources admin	000:30	082

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
organ donors	health resources admin	001:00	150
scam alert	ssa	000:15	101
scam alert	ssa	000:30	113
scam alert	ssa	000:56	254
Senior Citizen Affairs	NCOA	000:15	023
Senior Citizen Affairs	NCOA	000:29	002
Senior Citizen Affairs	NCOA	000:59	041
St. Jude Children's Hospital	St. Jude Research Hospital	001:00	205
Veterans Aid	Wounded Warrior Project	000:59	189
Year Up	Ad Council	001:00	151