

KCQL  
Farmington, NM  
Quarterly Issues/Programs List  
Fourth Quarter, 2018  
01/01/2019

KCQL  
Quarterly Issues/Programs List

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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:** Waldon Lynch of the Northwest New Mexico Alzheimer's Association was our guest this week to discuss the disease and the services provided in the area. The association provides services for both patients and caretakers. Caretakers not only receive support in the training they receive in taking care of their loved ones, they also receive care for themselves during group meetings, where they can speak of their struggles to a sympathetic ear. Unfortunately, Alzheimer's disease has no cure. Studies find that it has much to do with injuries to the brain, and age. We also discussed an upcoming fundraiser walk this summer in both Farmington, and in Gallup.
- **Breast Cancer Awareness:** Ginger Palmer and Brenda Shepard from the San Juan Medical Foundation were our guests this week. Our main topic of discussion was breast cancer-how to do a self-examination, early detection, plus other facts involved with the disease. Cathy Lincoln was a Registered Nurse at San Juan Regional Medical Center who got breast cancer. She fought very hard, but before she died, she asked her friends to start up a Memorial Fund in her name to help the fight against breast cancer. Since its inception, the fund has aided more than 1,700 women suffering from breast cancer in our community. We also invited the public to a yearly luncheon/fundraiser in her name to raise dollars for the fund.
- **Child Welfare in the Court System:** Court Appointed Special Advocates, CASA, is a program where children at risk are placed with a trained volunteer who follows them through the court system, advocating for their best interests. We talked about, and invited interested parties to the next volunteer training session. We also heard from Ashley, who is interning in the CASA program this year. Ashley spent many years in the foster system, and was able to explain what the CASA program is like from the perspective and view of a child.
- **Children in Need:** Deanne Waters of Rio Del Sol Kiwanis spoke this week about children programs that the Kiwanis are sponsoring, including~Coats for Kids, and the recently completed~Shop for Kids night, where children are given \$100 to shop with a volunteer for new clothes. Coats for Kids strive to identify those in need of a winter coat by relying on school counselors to identify and list them. The

need is obvious; no child should go without a winter coat. Donations of gently used or new coats are needed. The club plans to provide over 1500 kids and adults this year.

- **Children's Services:** Andrea Pena, Development Director at Childhaven, was our guest this week to speak about Childhaven, and their two current fundraisers. Kids end up at Childhaven for a variety of reasons like abuse or neglect, but all find a safe place to stay while their cases are worked out in the courts. They are provided a comfortable, safe environment at Childhaven. The two fundraisers in progress are the Giving Tuesday and Pledge for Children campaigns, in which people are asked to contribute to Childhaven and its many child-positive programs.
- **Community Theatre:** For this last program of the year, Joey Herring of Theatre Ensemble Arts came by to discuss the upcoming 22nd season of Theater Ensemble Arts. We talked about the history of TEA, and the positive things it brings out in its participants. Being in a theatre production is very much like being on a sports team or a work team. All come together to accomplish a common goal, to entertain the audience. Theatre Ensemble Arts is a strong part of the community, donating a portion of their proceeds from each production to various non-profit organizations in the area. Some include Echo Food Bank, Childhaven, Toys for Tots, and Lion (tm)s Club fundraisers.
- **Diabetes Care-Advocacy:** We took a closer look at what it means to have diabetes and provide information, tools and resources to help manage or reduce the risk of developing the disease. 30.3 million Americans live with diabetes and 84 million have pre-diabetes. Making dietary changes and physical activity can help them lead a healthy life. We talked about small group health programs that are geared toward helping prevention. And we discussed two new programs, the AccuChek Guide system that helps bring down the cost of test strips, and the Buck Off social media program that encourages monetary donations.
- **Health & Wellness:** Steve Lein of the Farmington Chamber of Commerce's Health and Wellness Committee, spoke about the upcoming Stay Well Farmington Health Fair, which promotes a variety of health related activities and resources available in the community. We also spoke about other events promoted by the committee, including the Strong Warriors competition and Yoga Festival. We previewed the upcoming Health Fair, taking place January 26th, which will provide free health screenings and information from a number of providers.
- **Historic Education:** Danielle York from the Aztec Ruins National Park was our guest to talk about the history of the Aztec Ruins and their significance to the rich history in our area. She spoke of the Indigenous people who lived there and the history of how they were absorbed into other cultures after leaving the ruins. The Aztec Ruins are named as such because originally, homesteaders thought they had been built by the Aztec peoples. We also spoke of their upcoming special event, Evening of Lights, in which learning activities, tours and question and answers are provided about the historical site.
- **Mental Health Issues:** Dr. Liese spoke about mental health issues facing people today. We talked about many subjects, including body dysmorphic issues, which the Dr. named as the most dangerous we face today. We

talked of signs that parents can look for in their children---like withdrawal from the family when they were always outgoing, lack of appetite when it was formerly hearty, and basically acting opposite of usual. Other topics discussed were suicidal thoughts, triggers, how to deal with them, and PTSD. Finally, Dr. Liese gave out her hotline number for those seeking help in finding resources in the community.

- **Recreation/Fitness:** Natalie Spruell and Crista Chapman of the Sycamore Park Community Center spoke about two upcoming holiday events sponsored by the Farmington Parks and Recreation Department. They talked about the-Turkey Trot, a 5k run, and the~Gobble Wobble, a two mile walk on November 17th. To get in the Christmas spirit, the 5k~Reindeer Romp and two mile~North Pole Stroll will happen December 15th. Each activity promotes wellness with a fun holiday theme. Proceeds go to the Parks and Recreation Department which helps many programs, including after school programs and activities at the Sycamore Park Community Center.
- **Volunteerism/Community Service:** Rev. Megan Cullip of the First Presbyterian Church in Farmington was our guest this week. We talked about how on Dr. King (tm)s upcoming birthday, January 21st, there will be a day of serving others here in Farmington and in San Juan County. From improving rescue mission facilities, to landscaping and gardening for the elderly, teams will be dispatched out to the community to follow the example of Dr. Martin Luther King, Jr. and do service for others on the day we most think of his words.
- **Youth Theater-Education:** In high school, we hope to prepare ourselves for the future, and our transition to adult life. This week, we spoke with two young women from Piedra Vista's High School's Theater Department about what theater has done for them in their academic pursuits. They talked about building character, becoming more confident and making different friends out of their usual social circles. They also talked about their upcoming state competition and how participating in a theatrical production is similar to regular school work with many of the study and retention elements being familiar.

**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
Youth Theater-Education	Four Corners Focus/Piedra Vista Theater	In high school, we hope to prepare ourselves for the future, and our transition to adult	Kara Heims/Hailey Valdez	10/07/2018 07:26 AM	030:56

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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life. This week, we spoke with two young women from Piedra Vista's High School's Theater Department about what theater has done for them in their academic pursuits. They talked about building character, becoming more confident and making different friends out of their usual social circles. They also talked about their upcoming state competition and how participating in a theatrical production is similar to regular school work with many of the study and retention elements being familiar.

Child Welfare in the Court System

Four Corners Focus/Court Appointed Special Advocates

Court Appointed Special Advocates, CASA, is a program where children at risk are placed with a trained volunteer who follows them through the court system, advocating for their best interests. We talked about, and invited interested parties to the next volunteer training session. We also heard from Ashley, who is interning in the CASA program

Kaibah Gorman/Ashley Lovato

10/14/2018  
07:27 AM

030:32

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>this year. Ashley spent many years in the foster system, and was able to explain what the CASA program is like from the perspective and view of a child.</p>			
Breast Cancer Awareness	Four Corners Focus/Cathy Lincoln Memorial Fund	<p>Ginger Palmer and Brenda Shepard from the San Juan Medical Foundation were our guests this week. Our main topic of discussion was breast cancer-how to do a self-examination, early detection, plus other facts involved with the disease. Cathy Lincoln was a Registered Nurse at San Juan Regional Medical Center who got breast cancer. She fought very hard, but before she died, she asked her friends to start up a Memorial Fund in her name to help the fight against breast cancer. Since its inception, the fund has aided more than 1,700 women suffering from breast cancer in our community. We also invited the public to a yearly luncheon/fundraiser in her name to raise dollars for the fund.</p>	Ginger Palmer/Brenda Shepard	10/21/2018 07:27 AM	027:40

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Recreation/Fitness	Four Corners Focus/Turkey Trot-Reindeer Romp	<p>Natalie Spruell and Crista Chapman of the Sycamore Park Community Center spoke about two upcoming holiday events sponsored by the Farmington Parks and Recreation Department. They talked about the-Turkey Trot, a 5k run, and the-Gobble Wobble, a two mile walk on November 17th.</p> <p>To get in the Christmas spirit, the 5k-Reindeer Romp and two mile-North Pole Stroll will happen December 15th. Each activity promotes wellness with a fun holiday theme. Proceeds go to the Parks and Recreation Department which helps many programs, including after school programs and activities at the Sycamore Park Community Center.</p>	Natalie Spruell/Christa Chapman	10/28/2018 07:28 AM	029:02
Diabetes Care-Advocacy	Four Corners Focus/Living With Diabetes	We took a closer look at what it means to have diabetes and provide information, tools and resources to help manage or reduce the risk of developing the disease. 30.3	Dr. LaShawn McKeever/Heather Hodge/Brad Moore	11/04/2018 07:28 AM	028:59

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>million Americans live with diabetes and 84 million have pre-diabetes. Making dietary changes and physical activity can help them lead a healthy life. We talked about small group health programs that are geared toward helping prevention. And we discussed two new programs, the AccuChek Guide system that helps bring down the cost of test strips, and the Buck Off social media program that encourages monetary donations.</p>			
Mental Health Issues	<p>Four Corners Focus/Mental Health Minutes</p>	<p>Dr. Liese spoke about mental health issues facing people today. We talked about many subjects, including body dysmorphic issues, which the Dr. named as the most dangerous we face today. We talked of signs that parents can look for in their children---like withdrawal from the family when they were always outgoing, lack of appetite when it was formerly hearty, and basically acting opposite of usual.</p>	Dr. Ariel Liese	<p>11/11/2018 07:33 AM</p>	026:16

ISSUE	PROGRAM /TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>Other topics discussed were suicidal thoughts, triggers, how to deal with them, and PTSD. Finally, Dr. Liese gave out her hotline number for those seeking help in finding resources in the community.</p>			
Children in Need	<p>Four Corners Focus/Kiwani's Coats for Kids</p>	<p>Deanne Waters of Rio Del Sol Kiwanis spoke this week about children programs that the Kiwanis are sponsoring, including~Coats for Kids, and the recently completed~Shop for Kids night, where children are given \$100 to shop with a volunteer for new clothes. Coats for Kids strive to identify those in need of a winter coat by relying on school counselors to identify and list them. The need is obvious; no child should go without a winter coat. Donations of gently used or new coats are needed. The club plans to provide over 1500 kids and adults this year.</p>	Deeann Waters	<p>11/18/2018 07:28 AM</p>	026:58
Children's Services	<p>Four Corners Focus/Giving Tuesday-Pledge For</p>	<p>Andrea Pena, Development Director at Childhaven, was</p>	Andrea Pena	<p>11/25/2018 07:28 AM</p>	027:33



ISSUE	PROGRAM /TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
	Children	<p>our guest this week to speak about Childhaven, and their two current fundraisers. Kids end up at Childhaven for a variety of reasons like abuse or neglect, but all find a safe place to stay while their cases are worked out in the courts. They are provided a comfortable, safe environment at Childhaven. The two fundraisers in progress are the Giving Tuesday and Pledge for Children campaigns, in which people are asked to contribute to Childhaven and its many child-positive programs.</p>			
Historic Education	Four Corners Focus/Aztec Ruins-Evening of Lights	<p>Danielle York from the Aztec Ruins National Park was our guest to talk about the history of the Aztec Ruins and their significance to the rich history in our area. She spoke of the Indigenous people who lived there and the history of how they were absorbed into other cultures after leaving the ruins. The Aztec Ruins are named as such because originally, homesteaders</p>	Ranger Danielle York	12/02/2018 07:27 AM	029:23

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>thought they had been built by the Aztec peoples. We also spoke of their upcoming special event, Evening of Lights, in which learning activities, tours and question and answers are provided about the historical site.</p>			
Health & Wellness	<p>Four Corners Focus/Stay Well Farmington Health Fair</p>	<p>Steve Lein of the Farmington Chamber of Commerce's Health and Wellness Committee, spoke about the upcoming Stay Well Farmington Health Fair, which promotes a variety of health related activities and resources available in the community. We also spoke about other events promoted by the committee, including the Strong Warriors competition and Yoga Festival. We previewed the upcoming Health Fair, taking place January 26th, which will provide free health screenings and information from a number of providers.</p>	Steve Lein	<p>12/09/2018 07:27 AM</p>	029:56
Alzheimer's Disease	<p>Four Corners Focus/NWN M Alzheimer's</p>	<p>Waldon Lynch of the Northwest New Mexico Alzheimer's</p>	Waldon Lynch	<p>12/16/2018 07:28 AM</p>	027:55

ISSUE	PROGRAM /TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
	Association	<p>Association was our guest this week to discuss the disease and the services provided in the area. The association provides services for both patients and caretakers. Caretakers not only receive support in the training they receive in taking care of their loved ones, they also receive care for themselves during group meetings, where they can speak of their struggles to a sympathetic ear. Unfortunately, Alzheimer's disease has no cure. Studies find that it has much to do with injuries to the brain, and age. We also discussed an upcoming fundraiser walk this summer in both Farmington, and in Gallup.</p>			
Volunteerism/Community Service	Four Corners Focus/Dr. Martin Luther King Jr. Day of Service	<p>Rev. Megan Cullip of the First Presbyterian Church in Farmington was our guest this week. We talked about how on Dr. King (tm)s upcoming birthday, January 21st, there will be a day of serving others here in</p>	Rev. Megan Cullip	12/23/2018 07:27 AM	029:36

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>Farmington and in San Juan County. From improving rescue mission facilities, to landscaping and gardening for the elderly, teams will be dispatched out to the community to follow the example of Dr. Martin Luther King, Jr. and do service for others on the day we most think of his words.</p>			
Community Theatre	<p>Four Corners Focus/Theatre Ensemble Arts</p>	<p>For this last program of the year, Joey Herring of Theatre Ensemble Arts came by to discuss the upcoming 22nd season of Theater Ensemble Arts. We talked about the history of TEA, and the positive things it brings out in its participants. Being in a theatre production is very much like being on a sports team or a work team. All come together to accomplish a common goal, to entertain the audience. Theatre Ensemble Arts is a strong part of the community, donating a portion of their proceeds from each production to various non-profit organizations in the area. Some</p>	Joey Herring	<p>12/30/2018 07:26 AM</p>	031:23

ISSUE	PROGRAM /TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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include Echo Food Bank, Childhaven, Toys for Tots, and Lion (tm)s Club fundraisers.

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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.)

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Call Letters: KCQZ

Weekly Public Affairs Program

**QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2018**

Show # 2018-40

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

**Ryan Hampton**, recovering addict, author of *"American Fix: Inside the Opioid Addiction Crisis - and How to End It"*

Nearly every American knows someone who has been affected by the opioid crisis. Mr. Hampton shared his story of addiction and recovery. He said 9 out of 10 Americans who need addiction treatment are not able to access it. He believes the nation's approach to treatment needs to be reformed from the bottom to the top. He said billions of dollars of federal spending aimed at this problem are not making it to local communities.

**Issues covered:**

**Drug Addiction  
Government Policies**

**Length: 9:08**

**Kevin Leman, PhD**, psychologist, author of *"When Your Kid Is Hurting: Helping Your Child through the Tough Days"*

The impulse for parents to protect their children is strong, but Dr. Leman said that very protection can end up handicapping them for life. He said that rather than seeking to save them from unhappiness or struggle, parents must teach their kids how to cope with and rise above their problems. He discussed the importance of listening and offered techniques to get kids to talk about their problems.

**Issues covered:**

**Parenting  
Youth at Risk**

**Length: 8:12**

**Amanda Dixon**, Analyst and Senior Reporter at Bankrate.com

Ms. Dixon outlined the results of a recent Bankrate.com survey that found that American households with the lowest incomes spend the most on items they don't need, such as lottery tickets, restaurant food and prepared drinks, like coffee and smoothies. She said even minor changes in a person's spending can have a dramatic impact on their ability to build an emergency savings fund.

**Issues covered:**

**Poverty  
Consumer Matters  
Personal Finance**

**Length: 5:09**

Show # 2018-41

Date aired: 10/14 Time Aired: 7:00A

**Lisa Lockerd Maragakis, MD, MPH**, Senior Director of Infection Prevention at the Johns Hopkins Health System in Baltimore

Last year's flu season was one of the deadliest in the last 40 years, with an estimated 80,000 deaths in the U.S. Dr. Maragakis explained why it is important to get a flu shot in October. She discussed the different types of flu vaccine available and dispelled some of the most common myths about it.

**Issues covered:**  
Public Health

**Length: 8:49**

**Jean M. Twenge, PhD**, Professor of Psychology at San Diego State University, author of the book "iGen"

Fewer than 20 percent of U.S. teens report reading a book, magazine or newspaper daily for pleasure, while more than 80 percent say they use social media every day, according to Dr. Twenge's latest research. She noted that the decline in reading print media was especially steep. She explained why this is such cause for concern and what parents can do to counteract it.

**Issues covered:**  
Literacy  
Parenting  
Teenage Concerns

**Length: 8:32**

**Keita Franklin, PhD**, Executive Director of Suicide Prevention for the U.S. Department of Veterans Affairs

Suicide is a national public health issue that affects all Americans, but it is a particularly serious problem among both active duty service members and military veterans. Dr. Franklin discussed the possible reasons behind this trend. She also talked about a new VA campaign intended to increase the availability of mental health and suicide prevention resources for at-risk veterans.

**Issues covered:**  
Suicide  
Military/Veterans Concerns

**Length: 5:08**

Show # 2018-42

Date aired: 10/21 Time Aired: 7:00A

**Ken Dychtwald, Ph.D.**, gerontologist, psychologist, CEO of Age Wave, a company that conducts research on issues relating to aging populations

Dr. Dychtwald discussed his recent survey that uncovered the staggering amount of financial support that parents are providing to their adult children. He found that 79% of parents are providing money to their children between age 18 and 34, and the average was \$7,000 a year. He said that figure is twice the amount that parents are putting into their own retirement accounts. He explained the possible reasons behind this trend.

**Issues covered:**  
Parenting  
Retirement Planning  
Student Debt

**Length: 9:47**



**Jeff Asher**, crime analyst based in New Orleans

Mr. Asher discussed his research into the connection between weather and gun violence. He found that twice as many people are shot in northern cities on hot days compared to cold ones. He also talked about the potential long term effects of climate change on crime rates.

**Issues covered:**

**Length: 7:26**

Gun Violence  
Crime  
Climate Change

**Gail J. McGovern**, President and CEO of the American Red Cross

Ms. McGovern discussed the Red Cross' response to the catastrophic damage left by hurricane Michael. She outlined the greatest challenges faced by relief workers on the ground. She said the Red Cross' greatest needs are blood donations, volunteers and financial donations.

**Issues covered:**

**Length: 5:11**

Disaster Relief  
Volunteerism  
Blood Donation  
Charitable Contributions

Show # 2018-43

Date aired: 10/28 Time Aired: 7:00A

**Deborah Thorne, PhD**, Associate Professor of Sociology at the University of Idaho, Principle Investigator on the nationally-recognized Consumer Bankruptcy Project

Dr. Thorne's research paper entitled "Graying of U.S. Bankruptcy: Fallout from Life in a Risk Society" found that the rate at which Americans age 65 and older are filing for bankruptcy has more than tripled since 1991. She outlined a number of factors that may contribute to this problem, including rising healthcare expenses and a lack of financial knowledge or discipline to properly save for retirement, since pensions have been replaced by 401k plans.

**Issues covered:**

**Length: 9:27**

Bankruptcy  
Senior Citizens  
Retirement Planning

**Elizabeth Saewyc, PhD, RN, FSAHM, FCAHS, FAAN**, Professor of Nursing at the University of British Columbia

Dr. Saewyc conducted a recent survey that found that boys—not girls—are more likely to report being victims of dating violence committed by partners who hit, slap or push them. While there has been an overall decline in dating violence, she believes that it may still be socially acceptable for girls to hit or slap boys in dating relationships. She suggested that teenagers who date need more support and education programs to address this problem.

**Issues covered:**

**Length: 7:43**

Social Violence  
Teenager Concerns

**Andrew Gewirtz, PhD**, Professor in the Institute for Biomedical Sciences at Georgia State University

Dr. Gewirtz was the co-author of a surprising study that found that adding highly refined fiber to processed foods could have negative effects on human health, including liver cancer. He explained what ingredients consumers need to watch for on processed food labels. He said the simplest solution is to eat fruits and vegetables naturally rich in soluble fiber, rather than processed foods.

**Issues covered:**

Nutrition  
Cancer  
Personal Health

**Length: 5:01**

Show # 2018-44

Date aired: 11/4 Time Aired: 7:00A

**Sarah Stanley Fallaw, PhD**, industrial psychologist, researcher, and president of DataPoints, author of *"The Next Millionaire Next Door: Enduring Strategies for Building Wealth"*

Dr. Stanley wrote a follow up to her father's classic book *"The Millionaire Next Door."* She talked about several myths relating to millionaires and how they accumulate wealth. She discussed the importance of living below your means, and how to identify and develop behaviors that are conducive to building wealth.

**Issues covered:**

Personal Finance  
Consumer Matters  
Retirement Planning

**Length: 9:44**

**Jason West, PhD**, Professor of Environmental Sciences and Engineering at the University of North Carolina at Chapel Hill Gillings School of Global Public Health

Air pollution in the U.S. has decreased since about 1990. Dr. West led a study that found that this improvement resulted in a 47% decrease in deaths related to air pollution exposure. He noted that, despite clear improvements, air pollution remains an important public health issue in the U.S., with an estimated 71,000 deaths in 2010. He discussed the effectiveness of tree planting programs and other steps ordinary people can take to help.

**Issues covered:**

Air Pollution  
Government Regulations  
Energy

**Length: 7:26**

**Alan Monheit, PhD**, Professor of Health Economics and Chair, Department of Health Systems & Policy in the School of Public Health, Rutgers University

Dr. Monheit led a study that examined the relationship between parental education and family healthcare spending. He found that parents educated beyond high school spend significantly more on healthcare, despite differences in family income and health insurance. He also discussed differences he found in healthcare decisions made by single-mother families compared to two-parent families.

**Issues covered:**

Public Health Policy  
Education  
Parenting

**Length: 5:04**

Show # 2018-45

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

**Bonnie Halpern-Felsher, PhD, Professor of Pediatrics, Stanford University School of Medicine**

Dr. Halpern-Felsher led a study that found that teens and young adults who use Juul brand e-cigarettes are failing to recognize the product's addictive potential, despite using it more often than their peers who smoke conventional cigarettes. She said the nicotine levels in a single Juul pod are the equivalent of smoking 1 ½ to 2 packs of cigarettes. She also discussed the high vulnerabilities of teens to brain changes caused by e-cigarettes, as compared to people in their twenties.

**Issues covered:**

**Length: 9:00**

**Substance Addition  
Teenager Concerns  
Health**

**Lan Nguyen Chaplin, PhD, Associate Professor of Marketing, University of Illinois at Chicago**

Materialism may be more common than ever. Dr. Chaplin led a study that tested ways to reduce materialism among young consumers. She found that a teenagers who completed a two-week gratitude journal were significantly more grateful, more generous and less materialistic.

**Issues covered:**

**Length: 8:05**

**Parenting  
Consumer Matters**

**Thomas Newkirk, PhD, Professor Emeritus, University of New Hampshire**

In this age of smartphones, Twitter and information scrolling at the bottom of TV screens, Americans are reading faster than ever. Prof. Newkirk believes this is a negative trend, and that readers get greater enjoyment and comprehension when they read slowly. He talked about the reasons why people tend to skim text, and techniques they can use to slow down.

**Issues covered:**

**Length: 4:37**

**Literacy  
Education**

Show # 2018-46

Date aired: 11/18 Time Aired: 7:00A

**Ryan Kalember, Senior Vice President of Cybersecurity Strategy for online security company Proofpoint**

Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hacked their real estate agent's or title company's email account. He explained how consumers can protect themselves.

**Issues covered:**

**Length: 7:43**

**Crime  
Online Security  
Personal Finance**

**Diane Redleaf**, family defense attorney, author of "*They Took the Kids Last Night: How the Child Protection System Puts Families at Risk*"

The number of children in the U.S. foster care system is at record levels, thanks in part to the opioid crisis. With nearly 450,000 children in the system, Ms. Redleaf discussed what happens when caseworkers make mistakes, taking children from parents who are neither abusive nor neglectful. She noted that minority families are disproportionately affected by this trend. She also said that once children are taken, parents and their attorneys sometimes can't learn where the children are being housed.

**Issues covered:**

**Length: 9:24**

**Foster Care  
Minority Concerns  
Parenting**

**David Mizejewski**, Naturalist at the National Wildlife Federation

Mr. Mizejewski talked about the benefits of allowing leaves to decompose naturally, rather than raking them up and disposing of them. In addition to serving as a natural fertilizer, he said butterflies and songbirds depend on leaf litter for food sources. He also discussed the environmental impact of bagging up lawn debris for disposal.

**Issues covered:**

**Length: 4:37**

**Environment**

Show # 2018-47

Date aired: 11/25 Time Aired: 7:00A

**Brandi Britton**, District President of Office Team, a staffing service providing temporary administrative and office support staff

Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

**Issues covered:**

**Length: 7:28**

**Employment  
Career  
Social Media**

**Jennifer Bradley**, co-author of "Make it Zero: The Movement to Safeguard Every Child"

Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

**Issues covered:**

**Length: 9:43**

**Human Trafficking  
Child Abuse  
Poverty**

**Richard Thaler, PhD**, Professor of Behavioral Science and Economics at the University of Chicago Booth School of Business, President of the American Economic Association

Prof. Thaler discussed what happens when economics meets psychology and how irrational human beings greatly influence the US and world economies. He explained how research is in progress to understand human miscalculations, with the goal of developing better decision-making in business, government and life in general.

**Issues covered:**

**Economics  
Consumer Matters  
Mental Health**

**Length: 4:49**

Show # 2018-48

**Date aired:** 12/2 **Time Aired:** 7:00A

**Patrick O'Rourke**, Certified Public Accountant in Washington, D.C., founder of ScholarshipStats.com

There are roughly 8 million high-school student athletes in the U.S. However, only a small percentage go on to play a sport in college, and even fewer receive athletic scholarships.

Mr. O'Rourke explained which sports have the most scholarship money available. He talked about parents' misconceptions about college scholarships and offered advice.

**Issues covered:**

**Youth Sports  
Education  
Parenting**

**Length: 8:58**

**Jennifer Molinsky, PhD**, housing expert, Senior Research Associate at the Joint Center for Housing Studies of Harvard University

Dr. Molinsky shared the findings of her annual report on the nation's housing. She said that many older Americans are burdened by housing costs, and that affordable, accessible and supportive senior housing is in short supply. She also warned that many households in their 50s and early 60s may not be financially prepared for retirement.

**Issues covered:**

**Housing  
Senior Citizens  
Retirement Planning**

**Length: 8:17**

**Karen Bakies, RDN, LD, FAND**, Registered Dietitian and Vice President of Nutrition Affairs for the American Dairy Association Mideast in Columbus, Ohio

Ms. Bakies said a recent survey by her organization found that 94 percent of Americans admit to throwing food away at home. In fact, the average family wastes nearly a third of the food they buy. She outlined the most common reasons that people throw food out, and offered suggestions to minimize the problem.

**Issues covered:**

**Food Safety  
Consumer Matters  
Environment**

**Length: 4:56**

Show # 2018-49

Date aired: 12/9 Time Aired: 7:00A

**Keith Whyte**, Executive Director of the National Council on Problem Gambling

Millions of Americans are hooked on gambling, and at least 40 states are addicted to gambling revenue. Mr. Whyte said states have not taken the measures needed to address gambling addiction, as they have greatly expanded gambling in the past ten years. He talked about the most common characteristics of those addicted to gambling and how to recognize if someone has a problem.

**Issues covered:**

**Gambling Addiction  
Government Spending**

**Length: 8:38**

**Quint Studer**, community development expert, author of "*Building A Vibrant Community: How Citizen-Powered Change Is Reshaping America*"

Mr. Studer said vibrant communities don't just happen—they are built. He discussed ways that cities and towns can attract investments, encourage small business startups and build lively downtowns. He talked about the importance of creating community events such as street festivals, rallies, fundraisers and concerts to foster a sense of neighborhood. He also outlined ways that citizens can volunteer to improve their local community.

**Issues covered:**

**Community Development  
Volunteerism**

**Length: 8:39**

**Craig Smith, PhD**, Research Investigator at the University of Michigan Center for Human Growth and Development

Prof. Smith led a study that examined whether parents should force kids to apologize for something they did wrong to another child. He found that the wronged child saw a big difference between a sincere apology and a coerced one. He suggested ways that parents can help their child learn to have empathy for the victim, thus ensuring a willing apology.

**Issues covered:**

**Child Development  
Parenting**

**Length: 4:59**

Show # 2018-50

Date aired: 12/16 Time Aired: 7:00A

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

Prof. Cooper led a study that found that vacations often lead to small amounts of long-term gradual weight gain and contribute to 'creeping obesity'. She talked about the primary causes of weight gain during vacations and explained why it's important to lose the added weight as soon as possible upon returning from a trip.

**Issues covered:**

**Personal Health  
Obesity**

**Length: 9:31**

**R. Douglas Fields, PhD**, Chief of the Section on Nervous System Development and Plasticity at the National Institute of Child Health and Human Development, a part of the National Institutes of Health, Adjunct Professor in the Neuroscience and Cognitive Science Program at the University of Maryland, College Park, author of *"Why We Snap: Understanding the Rage Circuit in Your Brain"*

Today's headlines are filled with examples of otherwise rational people with no history of violence or mental illness who suddenly snap in a domestic dispute, an altercation with police, or road rage attack. Dr. Fields explained the reasons behind these seemingly random episodes. He said every human has been hardwired with the potential to snap. He also said the same pathway in the brain that can result in a violent outburst can also enable us to act heroically and altruistically before our conscious brain knows what we are doing.

**Issues covered:**  
Mental Health  
Domestic Violence

**Length: 7:46**

**Thomas Nassif, Ph.D.**, Professorial Lecturer in American University's Department of Health Studies, researcher at the D.C. Veterans Affairs Medical Center

U.S. veterans often return home with multiple types of trauma, and suffer from one of the highest rates of chronic pain of any population in the U.S. Dr. Nassif led a study that found that veterans who practiced meditation reported a 20 percent reduction in pain intensity, and in how pain interferes with everyday aspects of life, such as sleep, mood, and activity level.

**Issues covered:**  
Military Affairs  
Mental Health  
Personal Health

**Length: 4:46**

Show # 2018-51

Date aired: 12/23 Time Aired: 7:00A

**Danny Iny**, entrepreneur, author of *"Leveraged Learning: How the Disruption of Education Helps Lifelong Learners and Experts with Something to Teach"*

Mr. Iny believes that pursuing a four-year degree leaves too many students drowning in debt and unprepared for the work world. He outlined the decisions that students and parents should consider before committing to the time and cost commitments of a college degree. He discussed what careers require a college education, along possible alternative paths for other careers.

**Issues covered:**  
Education  
Career

**Length: 9:19**

**Gina LaRoche**, organizational consultant, executive coach, co-founder of Seven Stones Leadership Group, co-author of *"The 7 Laws of Enough: Cultivating a Life of Sustainable Abundance"*

Ms. LaRoche said counting your blessings year-round can be good for your mental health and well-being, ultimately boosting a person's chances of success. She talked about ways to avoid a "scarcity mentality," where more is always better and having more will lead to happiness. She talked about the influence of social media on this mentality.

**Issues covered:**  
Mental Health  
Consumer Matters  
Career

**Length: 7:57**

**Greg McBride**, Chief Financial Analyst for Bankrate.com

Mr. McBride shared the results of a Bankrate survey that found that despite the hot labor market, 62 percent of employed Americans did not get a pay raise or better paying job in 2018. He noted that career or income advancement often involves a willingness to change jobs, yet only 25 percent have any intention of looking for a new job in 2019.

Issues covered:  
Employment  
Personal Finance

Length: 5:08

Show # 2018-52

Date aired: 12/30 Time Aired: 7:00A

**Rashmi Shetgiri, MD**, Assistant Professor of Pediatrics, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

Dr. Shetgiri led a study of what factors influence teens to get involved with weapons. She said emotional distress and substance abuse both increase the odds for white, black and Hispanic youth to carry or use a gun or knife. She also discussed the importance of parents and positive role models in the prevention of youth violence.

Issues covered:  
Youth Violence  
Youth at Risk  
Minority Concerns

Length: 7:47

**Harold Pollack, PhD**, Helen Ross Professor of Social Service Administration at the University of Chicago, where he researches health and urban policy concerns, nonresident fellow at the Century Foundation, co-author of *"The Index Card: Why Personal Finance Doesn't Have to Be Complicated"*

Dr. Pollack believes that everything Americans need to know about managing their money could fit on a single index card. He explained why his nine simple rules outperform more complicated financial strategies. He also discussed the most responsible way to select a financial advisor and why he felt one of his most important rules should be to support the nation's social safety net.

Issues covered:  
Personal Finance  
Charitable Contributions

Length: 9:33

**Maria Corkern**, reading specialist, teacher, author of *"Doris Thesaurus"*

Recent studies have found that since 1950, the average teenager's vocabulary has dropped from 25,000 words to only 10,000. Ms. Corkern said that a limited vocabulary translates into a reduced ability to think critically and communicate effectively, which results poor educational performance. She offered suggestions for parents on how to help a child improve his vocabulary.

Issues covered:  
Education  
Teen Concerns  
Youth at Risk

Length: 5:02



**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	000:15	098
Adoption/Foster Care	Health and Human Services	000:15	048
American Heart Association	American Heart Association	000:30	013
AMERICAN LUNG ASSOCIATION	AMERICAN LUNG ASSOCIATION	000:30	071
American Medical Association	cdc	001:00	130
Art & Craft Fair	Bloomfield Boys & Girls Club	000:25	040
Art & Craft Fair	Elks Lodge	000:27	013
Art Show	Farmington Museum	000:25	050
Art Show	Farmington Museum	000:26	067
Astro Friday	San Juan College	000:24	005
Astronomy Night	San Juan College Planetarium	000:24	009
Autism Awareness	Autism Speaks	000:30	028
Breast Cancer Risk Education	Susan B. Komen Foundation	000:15	092
Bullying	CRISIS TEXTLINE	000:30	004
Bullying Prevention	Ad Council	000:30	076
Buzzed Driving Prevention	NHTSA	000:30	079
Caregiver Assistance	AARP	000:15	095
Child Safety	NHTSA	000:30	080
Children's Health	American Cancer Society	000:30	014
Children's Health	american pediatric society	000:29	033
Children's Health	Children's Miracle Network	000:29	020
Children's Programs/Community	Toys for Tots	000:30	007
Children's Services	Casa Court Appointed Advocate	000:25	025

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Children's Services	marines	000:15	009
Children's Services	Toys for Tots	001:00	016
Chili in October	Farmington Chamber of Commerc	000:24	010
Christmas Celebration	Farmington Parks & Rec Dept.	000:26	010
Christmas Celebration	riverstone church	000:25	024
Christmas Celebration	riverstone church	000:26	008
Christmas Celebration	San Juan College	000:25	017
Christmas Celebration	San Juan College	000:26	007
City Of Hope	Ad Council	000:30	071
Coat/Clothing Drive	Kiwanis Club	000:24	013
College Access	San Juan College	000:24	007
COMMUNITY INVOLVEMENT	CRISIS TEXTLINE	000:30	016
COMMUNITY INVOLVEMENT	L'OREAL	000:30	011
DISASTER RELIEF	100 ROOFS	000:30	014
DISASTER RELIEF	RED CROSS	000:30	015
Discover Nature	U.S. Forest Service	000:15	092
Drug & Alcohol Recovery	Al-Anon	000:15	048
Drug & Alcohol Recovery	Al-Anon	000:30	065
Drug & Alcohol Recovery	Al-Anon	000:57	063
Drug & Alcohol Recovery	Al-Anon	001:00	059
Family & Children Activities	Orchard Park	000:25	010
Family & Children Activities	Sycamore Park Community Cente	000:25	021
Farmington Aquatocs	Farmington Aquatic Center	000:24	012
Fatherhood Involvement	U.S. Health & Human Services	000:30	154
feeding america	Feeding America	000:30	049
Finances	Tax Help New Mexico	000:27	028
Food Drive	Farmington Aquatic Center	000:25	020
Health & Fitness	Arthritis Foundation	000:15	026
Health & Fitness	Arthritis Foundation	000:30	014

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Health & Fitness	San Juan College	000:24	010
HEALTH AND FITNESS	RED	000:30	016
High School Equivalency	Dollar General Literacy Found	001:00	100
Job Training	Goodwill	001:00	122
keep america beautiful	Ad Council	000:30	080
LightTheNight.org	Ad Council	000:30	071
Maddie's Fund	Humane Society of U S	000:15	092
Meals On Wheels Recruitment	Meals On Wheels America	000:15	098
MENTAL HEALTH ISSUES/TRAUMA	San Juan College	000:59	061
MENTAL HEALTH ISSUES/TRAUMA	San Juan College	001:00	066
MOTOR VEHICLE SAFETY	PROJECT YELLOW LIGHT	000:30	013
Movie/Book Event	San Juan College	000:25	005
Movie/Book Event	San Juan College Theater	000:28	009
MUSIC	San Juan College	000:25	012
MUSIC	San Juan College	000:26	010
National Fatherhood Initiativ	Health and Human Services	001:00	123
Navajo Social Services	healing circle wellness cente	000:24	027
NHSTA	NHTSA	000:15	092
NHSTA	NHTSA	000:30	076
NHSTA	NHTSA	001:00	127
Online Auction	Farmington Public Schools	000:25	048
organ donors	Health and Human Services	000:30	066
organ donors	Health and Human Services	001:00	119
Prescription Drug Take-Back	San Juan County Partnership	000:25	006
Theater Arts	Bottom of the Barrel Theater	000:26	014
understood.org	Understood	000:30	025
Veterans Aid	Wounded Warrior Project	001:00	124
Veterans Ceremony	Aztec VFW	000:24	010
Veterans Ceremony	brooks isham	000:24	005