

KBLU-AM

QUARTERLY ISSUES AND PROGRAM REPORT

During this quarter the community needs and interests as ascertained with community leaders were addresses by significant public affairs or public service programming in response to the following:

1. **Recreation** (community events, etc.)
2. **Family** (Parenting, Children at Risk)
3. **Education**
4. **Agriculture** (both retail and industry point of view)
5. **Government** (meetings, voter education, roads, laws, annexation, etc.)
6. **Health** (includes prevention, abuse, diseases, free clinics, YRMC events etc.)
7. **Community Service Organizations** (Local Non-Profits, government programs, etc.)
8. **Consumer Protection** (identity theft, recalls, scams)
9. **Crime** (prevention, meetings, etc.)
10. **Diversity** (racism, minorities, immigration, etc.)
11. **Senior Citizens**
12. **Military**

KBLU

1st Qtr 2019 Quarterly Issues and Program Report

Date aired: 1/05/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Winter Car Care
Guest: Russell McCloud

Issue: #8 Consumer Protection

Russell McCloud joined Cody Beeson in the studio to discuss the importance of making a routine maintenance appointment with your regular auto shop. When temperatures change things happen to your vehicle. Loose belts can cause your car not to work at its best. Your Air Conditioning needs power from your car which is transferred through a belt. Your timing belt is critical for your vehicle to keep your valves and pistons in sync. In many models, severe engine damage can result from a broken timing belt. Belts and hoses are crucial to the operation of your vehicle and they should be inspected on a routine basis.

Date aired: 1/05/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: AWC Judo Classes
Guest: Joe Murek

Issue: #3 Education

Joe Murek stopped by the station to promote the Judo class he is the instructor for at Arizona Western College. Judo is known as a "gentle way" type of martial arts and therefore anyone at any skill level can join the class. Murek, a 5th degree Black Belt (Go Dan) is a retired Marine who learned Judo while stationed in Japan from 1972 to 1975. His first exposure to Judo was during college. His true understanding of the sport as a way of life was instilled during his lessons in Japan. Murek's classes meet the requirement for Physical Fitness for the degree-seeking student but are open to the community at large. These martial art styles offer physical fitness, self-defense, build confidence, teach self-defense, instill values of respect and build character. Classes start this Spring.

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1st Qtr 2019 Quarterly Issues and Program Report

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Length: 15 Min.

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Date aired: 1/12/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Silver Spur
Rodeo
Guest: Peggy Collins

Issue: #1 Community
Events

74th Annual Yuma Jaycees' Silver Spur Rodeo is coming back and Rodeo Chairman, Peggy Collins, was in studio talking about the upcoming Silver Spur Rodeo and the need for more community support in sponsorships. They cannot put on this event without the support from our local businesses. There are still several sponsorship opportunities available, call her at (928) 446-2443 or e-mail her at info@yumarodeo.com. The Yuma Jaycees want you to come out and enjoy the 74th annual PRCA sanctioned Silver Spur Rodeo. Gates open at 2:00 p.m. and rodeo starts at 4:00 p.m. Visit all the vendors, enjoy live entertainment and visit the food vendors prior to the rodeo. Great livestock, clowns, bullfighters and special entertainment during the rodeo performance. The Silver Spur Rodeo take place this year on February 9th and 10th.

KBLU

1st Qtr 2019 Quarterly Issues and Program Report

Date aired: 1/19/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Crossing
National Heritage Area
Guest: Lowell Perry Jr.

Issue: #7 Community
Service Organizations

Yuma Crossing National Heritage Area new Director Lowell Perry Jr. was in the studio to discuss moving to Yuma and taking over the organization. Perry was most recently the Director of the Cleveland Central Promise Neighborhood with the Sisters of Charity Foundation of Cleveland. Prior to that he was part of the management team of Big Brothers Big Sisters of America, first as CEO of the Middle Tennessee agency in Nashville, and later as a senior vice president in the national office in Dallas. His private sector experience ranges from working as front office executive for the Seattle Seahawks pro football team, to serving as COO of an automotive systems and components manufacturing operation in Detroit, Michigan.

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TOPIC OF THIS SHOW: 2019 Village
Jazz Series
Guest: Steven Henning

Issue: #1 Community
Events

Steven Henning joined Cody Beeson in the studio to discuss the 2019 Village Jazz Series. The free and open to the public Village Jazz Series is back in the Village Area of Yuma Palms Regional Center, 305 S Yuma Palms Pkwy, for its 13th season! Great jazz under the stars returns in a big way for 2019 in its customary inviting atmosphere that includes palm trees, water features, handy eateries, and the fabulous Yuma, Arizona evenings! All performances are on Thursday evenings from 6pm to 8pm in the Village Area of Yuma Palms Regional Center. Bring your own folding chair, relax and enjoy! The music itself, of course, will be terrific! Along with appearances by the highly regarded 'Host Band' Yuma Jazz Company, the series will feature performances by some nationally known jazz artists. Every Thursday evening through April 2019.

KBLU

1st Qtr 2019 Quarterly Issues and Program Report

Date aired: 1/26/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Crossing
National Heritage Area
Guest: Lowell Perry Jr.

Issue: #7 Community
Service Organizations

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TOPIC OF THIS SHOW: Cross Roads
Mission
Guest: Barbara Rochester

Issue: #7 Community
Service Organizations

Barbara Rochester from Crossroads Mission shared about the program and Organization. Crossroads Mission is a faith-based organization offering food, shelter, drug treatment and more. We have been helping the needy in Yuma, Arizona since 1959. Crossroads Mission is the only emergency shelter for homeless men in Yuma County, as well as an emergency shelter for women and families. They provide free meals, drug and alcohol treatment and recovery program, case Management programs, G.E.D. preparation and adult education. Additional services offered to the homeless in Yuma County are transitional housing for men, transitional housing for women, and a center that provides free clothes for the homeless and low cost or no cost items and furniture to the needy.

KBLU

1st Qtr 2019 Quarterly Issues and Program Report

Date aired: 2/02/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Silver Spur
Rodeo
Guest: Peggy Collins

Issue: #1 Community
Events

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Length: 15 Min.

TOPIC OF THIS SHOW: CASA - Elvis
Concert
Guest: Cori Rico

Issue: #1 Community
Events

Cori Rico joined Cody Beeson in studio to discuss the upcoming "Shake, Rattle & Roll" fundraiser event that benefits the Yuma Council for CASA. CASA is Court Appointed Special Advocates (CASA) is a national association in the United States that supports and promotes court-appointed advocates for abused or neglected children in order to provide children with a safe and healthy environment in permanent homes. This fundraiser is in it's 16th year and a very popular event for our local CASA supporters. The event features Scot Bruce an Elvis tribute artist and will take place on Friday, March 8th 2019 at 7:00 pm. For more information please call the local CASA office at 928-314-1830.

KBLU

1st Qtr 2019 Quarterly Issues and Program Report

Date aired: 2/09/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Education in
Yuma County
Guest: Gina Thompson

Issue: #3 Education

Gina Thompson the Superintendent of Yuma Union High School District #70 was in the studio to discuss the Career and Technical Education (CTE) programs offered in Yuma County. The district offers courses in state approved CTE programs. All programs include a coherent sequence of courses leading to student attainment of the state standards in the program. CTE offers exceptional courses with industry-current curricula and state-of-the-art equipment. Upon graduation, students are prepared to transition successfully to postsecondary education and are equipped with the necessary skills to begin working in a specific career. Many programs offer opportunities for students to earn college credits through dual enrollment while enrolled in CTE classes.

Date aired: 2/09/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Education in
Yuma County - Part 2
Guest: David Bolger

Issue: #3 Education

David Bolger joined Gina Thompson and Cody Beeson in the studio to discuss education in Yuma County. Bolger advises businesses, nonprofits, associations, foundations and governmental entities that want to strengthen their presence and build stronger ties in the Education Marketplace. His firm is unique in its ability to "connect the dots" for their clients. He has been known to achieve these results by initiating strategic introductions with decision-makers, thus creating alliances and partnerships that increase client sales in this large and complex arena. He also assist clients in maintaining and strengthening these relationships, once formed. David and his firm Corporate//Education Consulting, Inc. have been retained by Yuma County to help develop and grow the education opportunities in Yuma.

KBLU

1st Qtr 2019 Quarterly Issues and Program Report

Date aired: 2/16/2019
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Length: 15 Min.

TOPIC OF THIS SHOW: Education in
Yuma County
Guest: Gina Thompson

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TOPIC OF THIS SHOW: Yuma Region
Bicycle Coalition
Guest: Gene Dolby

Issue: #1 Community
Events

Gene Dolby was in studio to discuss the past and future bicycle events in Yuma. The Yuma Region Bicycle Coalition's vision is to have safe and viable bicycling across our diverse community. Everyone is invited to come join them and your fellow cyclists on February 9 for a great ride starting from the Yuma Territorial Prison State Historic Park and touring various farm and agricultural operations in and around Yuma County. There will be three routes available: #1 60 miles - Territorial Prison to San Luis and back - 7am. #2 25 miles - Portion of the 60 miles ride - 8am. #3 15 miles - Yuma bike trail - 9am. There will be 4 full support SAG stops along the routes. On-site registration opens at 6am. Feel free to register early at www.swsportsreg.com. Registration fee is \$40.

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1st Qtr 2019 Quarterly Issues and Program Report

Date aired: 3/02/2019

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Education Equals
Economics
Guest: Julie Engel

Issue: #3 Education

Julie Engel joined Tom Tyree and Cody Beeson in the studio to discuss how local education drives economic development opportunities. This is something Julie sees all the time and it helps that Yuma County is ahead of the state in many categories for K-12 public education. Yuma has many great opportunities to grow and expand the local workforce. Julie and her team work everyday to make each opportunity count. Greater Yuma is a dynamic region located at the epicenter of four states and two countries. Our unique location allows for international and southwest markets to be served in a single day truck haul. Growing companies needing a dedicated skilled workforce and easy access to their customers and supply source. This is the message Greater Yuma Economic Development Corporation delivers.

Date aired: 3/02/2019

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: AWC CTE Open
House
Guest: Maria Doten

Issue: #3 Education

Maria Doten joined Cody Beeson in the studio to discuss the upcoming CTE Open House at Arizona Western College (AWC). The public is welcomed to learn more about the Career and Technical Education programs that could help you get a job. The programs will showcase their equipment, their space and will introduce you to a career path. Come prepared to go on tours through our student labs and get a glimpse of how learning happens in the Solar/Electrical Lab, our Welding and Automotive Facility, our Public Safety Building, the Nursing Lab Space, the HVAC and Construction Lab and in our Agriculture complex. You will also meet local businesses and industry that are ready to hire you after graduation. Food prepared by the Culinary Arts Students is available for purchase. This event happens Tuesday, March 19, 2019.

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Length: 15 Min.

TOPIC OF THIS SHOW: Prostate Exams
Guest: Marla Zimmerman

Issue: #6 Healthcare

Marla Zimmerman the CEO of Prostate On-Site Project called the studio ahead of their Yuma events to discuss the upcoming screenings. Prostate On-Site Project is a mobile medical screening service that travels throughout Arizona offering prostate exams for the early detection of prostate cancer. The mobile units offer PSA (Prostate Specific Antigen) blood test, Testicular Exam, DRE (Digital Rectal Exam) and Urologist Consultations. This event will be Tuesday, March 26, 2019 in the parking lot of Yuma City Hall. Prostate On-Site can take walk-ins however, it is preferred to call and schedule an appointment. Call (480) 964-3013 to make an appointment or visit prostatecheckup.org for more information about this or any other upcoming events.

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Date aired: 3/23/2019

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #7 Community
Service Organizations

Howard Blitz, the Director of the Freedom Library in Yuma, Arizona came on the program to discuss the mission of the Freedom Library; which is to promote an understanding and acceptance of the Freedom Philosophy and the principles of liberty as expounded in The Declaration of Independence and The United States Constitution, including the concepts of free markets, private property and limited government and the moral and intellectual principles which form the basis of a free society. In addition to that Howard also discussed the upcoming events the Freedom Library is hosting. The Freedom Library Annual Awards Forum will be on May 7th. In addition to the awards forum event the Freedom Library will have multiple "takeovers" at Lutes Casino on April 16 and Round Table Pizza on April 27.

KBLU

1st Qtr 2019 Quarterly Issues and Program Report

Date aired: 3/30/2019
Time Aired: 6:00 AM

Length: 15 Min.

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Guest: Howard Blitz

Issue: #7 Community
Service Organizations

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Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Arizona's
Children Association
Guest: Amy Penny & Jeff Sellers

Issue: #7 Community
Service Organizations

Amy Penny from Arizona's Children Association and Jeff Sellers the President of the board for the local Arizona's Children Association stopped by the station to discuss the 22ND annual John Boemer Golf Tournament. This tournament will be happening on Saturday, May 11TH. At the Yuma Golf and Country Club, 3150 S. Fortuna Avenue in Yuma Arizona. The check-in time is at 7:00 AM and the shotgun start is at 8:00 AM. All entries include the green fee, golf cart, shirt & lunch. This tournament is limited to 36 teams or 144 players. To register, please visit the website at: www.arizonaschildren.org/boemer For questions or information on becoming a sponsor, please contact Amy Penny at 928.217.1035 ext. 2318 or APenny@arizonaschildren.org. 100% of all money raised will benefit Arizona's Children Association programs in Yuma. All gifts are tax deductible as charitable contribution to the extent allowed by law.



Call Letters: K3LU-AM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2019

Show # 2019-01

Date aired: 1/5/19 Time Aired: 6:30AM

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

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

Issues covered:
Civic Participation
Voting
Youth Concerns

Length: 8:34

Matt Schulz, Senior Industry Analyst at CreditCards.com

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

Issues covered:
Personal Finance
Consumer Matters

Length: 8:27

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

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

Issues covered:
Retirement Planning
Senior Citizens

Length: 4:56

Show # 2019-02
Date aired: 1/12/19 Time Aired: 6:30AM

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

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

Issues covered:
Personal Health

Length: 7:29

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

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

Issues covered:
Sexual Abuse
Parenting
Mental Health

Length: 9:40

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

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

Issues covered:
Parenting
Obesity
Consumer Matters

Length: 4:51

Show # 2019-03
Date aired: 1/19/19 Time Aired: 6:30AM

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

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

Issues covered:

Length: 7:26

**Drug Abuse
Personal Health**

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

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

Issues covered:

Length: 9:48

**Personal Productivity
Parenting
Career
Education**

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

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

Issues covered:

Length: 4:51

**Education/ STEM
Immigration**

Show # 2019-04

Date aired: 1/26/19 **Time Aired:** 6:30AM

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

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

Issues covered:

Length: 9:32

**Cancer Prevention
Minority Concerns
Women's Issues**

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

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

Issues covered:
Personal Productivity
Personal Health

Length: 7:41

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

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

Issues covered:
Drug Abuse
Personal Health

Length: 5:04

Show # 2019-05

Date aired: 2/2/19 Time Aired: 6:30AM

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

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

Issues covered:
Mental Health
Personal Health
Career

Length: 9:00

Jonathan Adkins, Executive Director of the Governors Highway Safety Association

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

Issues covered:
Traffic Safety
Government Policies

Length: 8:10

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

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

Issues covered:
Consumer Matters
Mental Health

Length: 5:07

Show # 2019-06

Date aired: 2/9/19 Time Aired: 6:30AM

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

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

Issues covered:

Length: 8:47

Crime
Identity Theft

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

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

Issues covered:

Length: 8:19

Women's Issues
Workplace

Cheryl Hyatt, co-founder of Hyatt-Fennell Executive Search

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

Issues covered:

Length: 5:04

Employment
Career

Show # 2019-07

Date aired: 2/16/19 Time Aired: 6:30AM

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

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

Issues covered:

Length: 7:08

Women's Issues
Career

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

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

Issues covered:

Length: 9:57

**Legal Matters
Marriage
Parenting**

Jerry Brewer, MD, dermatologist and researcher at the Mayo Clinic

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

Issues covered:

Length: 4:51

**Cancer
Personal Health**

Show # 2019-08

Date aired: 2/23/19 Time Aired: 6:30AM

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

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

Issues covered:

Length: 8:27

**Workplace Matters
Education
Personal Health**

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

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

Issues covered:

Length: 8:33

**Marijuana Legalization
Media**

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

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

Issues covered:
Heart Disease
Personal Health

Length: 4:55

Show # 2019-09
Date aired: 3/2/19 Time Aired: 6:30AM

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

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

Issues covered:
Retirement Planning
Taxes

Length: 6:56

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

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

Issues covered:
Personal Health
Aging

Length: 10:12

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

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

Issues covered:
Crime Prevention
Consumer Matters

Length: 5:07

Show # 2019-10
Date aired: 3/9/19 Time Aired: 6:30AM

Mark Hamrick, Senior Economic Analyst for Bankrate.com

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

Issues covered:
Student Debt
Education
Personal Finance

Length: 9:47

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

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

Issues covered:
Drug Safety
Government Regulations
Personal Health

Length: 7:12

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

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

Issues covered:
Personal Health
Technology

Length: 5:09

Show # 2019-11

Date aired: 3/16/19 Time Aired: 6:30AM

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

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

Issues covered:
Consumer Matters
Transportation

Length: 8:26

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

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

Issues covered:
Retirement Planning
Personal Finance

Length: 8:40

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

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

Issues covered:
Personal Health

Length: 5:01

Show # 2019-12
Date aired: 3/23/19 Time Aired: 6:30AM

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

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

Issues covered:
Personal Health
Senior Citizens

Length: 9:03

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

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

Issues covered:
Urban Planning
Public Transportation

Length: 8:16

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

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

Issues covered:
Education
Minority Concerns

Length: 5:05

Show # 2019-13

Date aired: 3/30/19 Time Aired: 6:30AM

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

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

Issues covered:

Length: 9:04

Crime
Legal

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

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

Issues covered:

Length: 8:09

Veterans Issues
Personal Health

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

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

Issues covered:

Length: 5:07

Climate Change
Environment
City Planning