

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

3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 07/02/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

Date aired: 07/02/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

KBLU

3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 07/09/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

Date aired: 07/09/2022

Time Aired: 6:15 AM

Length: 15 Min.

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Guest:

Issue:

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3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 07/16/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Arson In Yuma
Guest:

Issue: #5 Government

Sergeant Lori Franklin with the Yuma Police Department came on the radio with Cody Beeson to discuss the recent uptick in construction site arson cases. The Yuma Police Department investigated four arson fires to buildings under construction in 2021 and are seeking community assistance in solving arson cases that occurred between 2021 and 2022. The Yuma Southwest Contractors Association have offered a \$10,000 reward and 78-CRIME offers up to a \$1,000 reward to any information that leads to an arrest of the suspect(s) in these cases. If you have information reference any of these fires, you can contact the Yuma Police Department at (928) 783-4421 for cases 2021-19985, 2021-32857, 2021-34552 and 2021-57690. You can contact the Yuma County Sherriff's Department at (928) 783-44278 for case 2022-51192. Or, you can call 78-CRIME at (928) 782-7463 for any of these cases to remain anonymous.

Date aired: 07/16/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Fire Dept.
Heat Illness
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert Public Information Officer with the Yuma Fire Department joined Cody Beeson to discuss the cause and effects of heat illness. Here we are in July, and not surprisingly we are starting to see some very high afternoon temperatures. Pay close attention, and be on the lookout for signs and symptoms of heat illness. Your body's cooling system uses evaporation. Heat and physical activity require more fluids to be consumed and if you are feeling thirsty, you are already behind in your fluid intake. Early warning signs of heat related illness can include; fatigue, nausea, headache, excessive thirst, excessive sweating, dizziness or weakness. Watch for these symptoms in yourself or in others with you. When these symptoms appear, get out of the heat, increase your hydration, and monitor your condition. For more information follow the Yuma Fire Department on social media.

KBLU

3rd Qtr 2022 Quarterly Issues and Program Report

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Length: 15 Min.

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Guest:

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3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 07/30/2022
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YUHSD #70
Guest: Eric Patten

Issue: #3 Education

Eric Patten, Chief Communications Officer with Yuma Union High School District #70 joined Cody Beeson to discuss achievements happening in the school district. The guests that were featured were Kaylee Woods and Emily Anderson, both Cibola High School Student Council members. The topics discussed were what they are excited about for the new school year, how the first week went, why they chose to be in student leadership, and to explain what STUCO's role is on campus or what exactly does STUCO do. They also shared some information about any events they already have planned. For more information visit the Yuma Union High School District #70 website at www.YumaUnion.org

Date aired: 07/30/2022
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Fire Dept.
Monsoon Season
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert Public Information Officer with the Yuma Fire Department joined Cody Beeson to discuss the Summer Monsoon Season. According to the National Weather Service, Monsoon Season doesn't officially end until September 30th. Always treat any downed power lines as if they were live. Don't touch them and leave that to the experts. Even if a line is not charged at that moment, it could become live without warning. A common time for lines to be down would be during or after storms like we have recently experienced. Puddles or flowing water expand the area of danger, so be sure to stay well clear of them. Instead of stepping over them, go all the way around. If power is out, intersections may be dark and the traffic control lights may not be working. If that is the case, approach the intersection with caution and treat it as if it was controlled by four way stop signs.

KBLU

3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 08/06/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

Date aired: 08/06/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

KBLU

3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 08/13/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YUHSD #70

Guest: Eric Patten

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Date aired: 08/13/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: AWC Judo

Guest: Joe Murk

Issue: #3 Education

Joe Murk reached out to Cody Beeson at the station to share information about 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. Murk, 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. Murk'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 next semester and will fill up fast.

KBLU

3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 08/20/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YUHSD #70

Guest: Eric Patten

Issue: #3 Education

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3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 08/27/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

Date aired: 08/27/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

KBLU

3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 09/03/2022
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Adair
Range/HPRPC
Guest: Cal Richardson & Joe Murk

ISSUE: #7 Community
Service Organizations

Joe and Cal from the High Power Rifle and Pistol Club of Yuma joined Cody Beeson to discuss the local club and as well as the good the club does in educating the community. The goal of the High Powered Rifle & Pistol Club of Yuma is to promote Rifle and Pistol Marksmanship through local practice and competitive matches. The High Powered Rifle & Pistol Club of Yuma grants the privilege of membership to individuals and organizations committed to this objective. Membership is open to all persons who are legal residents of the United States and are of good moral character who may lawfully own firearms (including minors with adult supervision). For more information visit www.hprifleyuma.com.

Date aired: 09/03/2022
Time Aired: 6:15 AM

Length: 15 Min.

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

Issue: #8
Consumer Protection

Russell McCloud joined Cody Beeson in studio to discuss the importance of vehicle maintenance during the summer months. It is important to prepare for the summer differently than the winter months in Yuma, AZ. Russell wanted to remind the community of the importance of checking tire pressure, oil and coolant levels as well. If someone is experiencing their vehicle running hotter than normal, it could save them thousands of dollars to simply pull over when the heat is rising. Failing to do so is the most common reason for this type of preventable incident. In addition to keeping the vehicle cool and running properly, it is also a good idea to keep an extra gallon of water in your vehicle as well, especially during summer in Yuma.

KBLU

3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 09/10/2022
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

Date aired: 09/10/2022
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

KBLU

3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 09/17/2022

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

Date aired: 09/17/2022

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

KBLU

3rd Qtr 2022 Quarterly Issues and Program Report

Date aired: 09/24/2022
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: AdvoKate
Foundation
Guest: Howard Blitz

ISSUE: #7 Community
Service Organizations

Howard Blitz representing Sunrise Optimist Club of Yuma, came on the radio to discuss the AdvoKate Foundation. The AdvoKATE Foundation is a non-profit volunteer organization committed to raising awareness and funds to fight childhood cancer. The AdvoKate Foundation is comprised of board members that are community volunteers that are passionate about helping our community in Yuma County and supporting those who have fought or are currently fighting childhood cancer. Each member is dedicated to our mission and has walked the cancer journey with Kate and her family. Each had a personal connection with Kate and saw first hand how this disease affected her, her family youth and our entire community. The foundation is dedicated to honoring Kate's legacy by raising awareness and funds to fight childhood cancer.

Date aired: 09/24/2022
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

ISSUE: #7 Community
Service Organizations

Howard Blitz from the Freedom Library stopped by the station to join Cody Beeson to promote the upcoming scholarship awards event hosted by the Freedom Library. Twice each year the Freedom Library host classes that discuss the Constitution and Economics, out of these classes, scholarships are awarded. These Classes are a staple that the Freedom Library is known for hosting and teaching. Each class offers two scholarships for education or travel, which makes for four scholarships total per semester. The only requirement for the scholarship is the student must have attended the class and write a two page paper about a topic from that class. The event coming up will award the scholarships to the lucky individuals. For more information visit freedomlibrary.org or visit the Freedom Library's social media pages.



Call Letters: KBLU-AM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2022

Show # 2022-27

Date aired: 7/2/22 Time Aired: 6:30 AM

Joanne Lipman, former Chief Content Officer of Gannett and Editor-in-Chief of USA Today, author of *"That's What She Said: What Men Need to Know (and Women Need to Tell Them) About Working Together"*

Ms. Lipman discussed the current state of the gender gap in today's workplaces. She said that traditional corporate "diversity training" has actually made the problem worse—in part because it makes men feel demonized. She believes that the solution to workplace inequality and sexual harassment lies in reaching across the gender divide so that men become allies, rather than adversaries.

Issues covered:

Length: 9:28

- Sexual Harassment
- Women's Issues
- Workplace Matters
- Minority Concerns

Derek Thompson, author of *"Hit Makers: How to Succeed in an Age of Distraction"*

Mr. Thompson said nothing simply "goes viral." He explained the little-known factors that cause that a popular movie, song, or app to come out of nowhere to become a word-of-mouth success in today's crowded media environment. He outlined possible ways these trends may affect consumers' decision making in the future.

Issues covered:

Length: 7:39

- Consumer Matters
- Media

Paul Redman, Executive Director of Longwood Gardens near Philadelphia, one of the leading public gardens in the country, co-chair of the Seed Your Future initiative, which promotes horticulture as a career path for young people

Mr. Redman is concerned about the increasing shortage of professional horticulturalists and horticulture programs at universities. He noted that enrollment in horticulture programs has declined dramatically at a time when the need for graduates of these programs is more important than ever. He outlined the wide variety of good jobs available and discussed possible reasons that horticulture is not considered by young adults preparing to enter college or the job market.

Issues covered:

Length: 5:02

- Horticulture
- Education
- Career

Show # 2022-28

Date aired: 7/9/22 Time Aired: 6:30AM

Jillian Peterson, PhD, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the "how" and "why" of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:

Mass Shootings
Criminal Justice
Mental Health

Length: 9:02

Peter H. Diamandis, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of *"The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives"*

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:

Consumer Matters
Technology

Length: 8:03

Atara Twersky, attorney, author of the *Curlee Girlee* book series

Amid today's pressures of the #MeToo movement, gender discrimination and the peer pressures of social media, Ms. Twersky explained why it is crucial for parents to encourage young girls to celebrate their differences and lift each other up. She offered suggestions to empower young girls and to teach them that it's okay to be different.

Issues covered:

Women's Issues
Children's Issues

Length: 5:07

Show # 2022-29

Date aired: 7/16/22 Time Aired: 6:30AM

Chris Blattman, PhD, Economist, Professor at the University of Chicago's Harris School of Public Policy, author of *"Why We Fight"*

Violence is skyrocketing in cities, large and small, across the US. Prof. Blattman was intrigued by research originally done in Liberia that found that providing cash and cognitive behavioral therapy to potential criminals reduced the future risk of crime and violence, even 10 years after the intervention. Inspired by the program in Liberia, Chicago has been implementing a similar but more intensive program called READI. Over the course of 18 months, men in the city's most violent districts participate in therapy sessions in the morning, followed by job training in the afternoon. He discussed the ongoing research.

Issues covered:

Length: 10:09

**Crime
Government Policies**

Margot Machol Bisnow, former FTC Commissioner and Chief of Staff of the President's Council of Economic Advisers, author of "*Raising an Entrepreneur*"

Ms. Bisnow interviewed 70 people who were either entrepreneurs or who raised highly successful adults. She explained why parents should want to raise a child with an entrepreneurial outlook, and why teaching independence and compassion are so important.

Issues covered:

Length: 7:09

**Parenting
Entrepreneurism**

Alain Lekoubou Looti, PhD, Assistant Professor of Neurology and Public Health Sciences at the Penn State Neuroscience Institute and College of Medicine

Prof. Looti led a study that found that recent black immigrants and those who have been in the U.S. for 15 years or longer are less likely to die earlier, in general, and from cardiovascular disease, specifically, than black adults born in the U.S. He explained that healthcare providers should carefully devise a treatment plan for each individual, based on their specific health situation, not their racial category.

Issues covered:

Length: 4:55

**Minority Concerns
Personal Health**

Show # 2022-30

Date aired: 7/23/22 Time Aired: 6:30AM

Michelle Kaiser, PhD, Assistant Professor of Social Work, Ohio State University

Hunger and poor nutrition in the U.S. may be far worse than previously understood. Dr. Kaiser led a study that examined the intersection between hunger and the types of foods found at nearby stores. She said almost a third of the households they studied were food insecure, and more than 16 percent had very low food security, meaning they were skipping meals, at risk for experiencing hunger and suffering health problems as a result. She outlined what steps can be taken to reverse this trend.

Issues covered:

Length: 8:34

**Hunger
Poverty
Government Programs**

Christine Benz, Director of Personal Finance at Morningstar, Inc.

Ms. Benz discussed costly areas of retirement that often are forgotten by Americans saving for their senior years. She said healthcare costs and taxes top the list. She outlined strategies to determine how and when to withdraw IRA or 401k funds to cover these significant expenses.

Issues covered:
Retirement Planning
Senior Citizens
Personal Finance

Length: 8:43

Robert Barba, Senior Analyst at Bankrate.com

63% of U.S. adults who use a smartphone have at least one financial app, according to a recent Bankrate.com report. Mr. Barba said while Millennials use them the most, the Gen X and Baby Boom generations also are heavy users. He talked about the potential security concerns, and why banks are so strongly motivated to get their customers to try banking apps.

Issues covered:
Consumer Matters
Online Security
Personal Finance

Length: 4:37

Show # 2022-31

Date aired: 7/30/22 Time Aired: 6:30AM

S. Tony Wolf, Postdoctoral Researcher in Kinesiology at Penn State University

How hot is too hot for the human body? Dr. Wolf was the co-author of a study that found that a high combination of heat and humidity gets dangerous faster than many previously thought. He said the previous belief was the 95 degrees was the threshold, but the new research found that 88 degrees was the upper limit of safety. He explained how high temperatures affect the human heart, and why heat stroke and heat stress can be so dangerous.

Issues covered:
Personal Health
Climate Change

Length: 8:13

Dana Suskind, MD, Professor of Surgery and Pediatrics, Director of the Pediatric Cochlear Implant Program, and Founder and Co-Director of the TMW Center for Early Learning + Public Health at the University of Chicago, author of "*Parent Nation: Unlocking Every Child's Potential, Fulfilling Society's Promise*"

Dr. Suskind talked about the important role that parents play in the development of a child. She talked about the changes that parenting underwent in the aftermath of the pandemic. She also said she would like to see greater taxpayer spending on early childhood education.

Issues covered:
Parenting
Early Childhood Education

Length: 8:51

Max Zhang, PhD, Professor at Cornell's College of Engineering, Faculty Director at the Cornell Atkinson Center for Sustainability

Prof. Zhang led research that found that, while smart thermostats can save homeowners money, they also prompt inadvertent, widespread energy-demand spikes on the power grid. He explained the attempt to transition away from fossil fuels will cause the problem to become far more serious, and that without a tenable way to store energy from renewable sources like solar power, electric utilities will be unable to supply this peak demand.

Issues covered:
Green Energy
Consumer Matters

Length: 4:59

Show # 2022-32

Date aired: 8/6/22 Time Aired: 6:30AM

Alan Cook, MD, Medical Director in the Center for Clinical Research at the School of Community and Rural Health, The University of Texas at Tyler Health Science Center

Traumatic brain injury is the leading cause of death and disability in children 0-4 and 15-19 years of age, and Dr. Cook noted that ER visits for concussions and similar injuries have nearly tripled in the past 20 years. He added that, while traumatic brain injuries increased in all groups, the trend was the greatest among girls. He theorized that the reason is that most womens' sports, such as volleyball, soccer and cheerleading, are un-helmeted activities, plus the fact that concussion awareness has improved.

Issues covered:
Traumatic Brain Injuries
Parenting

Length: 7:16

Michelle Johnson-Motoyama, PhD, Associate Professor at The Ohio State University College of Social Work

Prof. Johnson-Motoyama led a recent study that found that the Supplemental Nutrition Assistance Program (SNAP) that helps more than 39 million Americans and others avoid food insecurity has an unexpected benefit: it may help prevent child maltreatment. She found that states with more generous SNAP policies – and thus more people participating in the program – had fewer children involved in Child Protective Services investigations and sent to foster care. She said rapidly increasing inflation rates for food and gasoline are having a severe impact on families of lower income

Issues covered:
Child Neglect
Hunger and Nutrition
Government

Length: 10:06

Dr. Chris Wall, Deputy Director, Department of Orthopaedics, Toowoomba Hospital, Senior Lecturer, School of Medicine, Rural Clinical School, University of Queensland in Australia

Dr. Wall led an Australian study that found that more than half of patients who underwent knee replacement for osteoarthritis were obese, increasing their risk of having the operation at a younger age, especially among women. He said weight loss was an important step to improving outcomes for individuals and national health systems.

Issues covered:
Personal Health
Obesity

Length: 5:04

Show # 2022-33

Date aired: 8/13/22 Time Aired: 6:30AM

Howard Waitzkin, M.D., Ph.D., Distinguished Professor Emeritus in the Department of Sociology at the University of New Mexico, Adjunct Professor in the Department of Medicine at the University of Illinois

Dr. Waitzkin said many active-duty military personnel are making extensive use of private mental health services. He explained that they often do so because they are dissatisfied with the quality of military care and are worried about reprisals from their command. He discussed outside help that is offered by a nationwide civilian network of volunteer mental health professionals.

Issues covered:

Length: 7:33

**Military Issues
Mental Health
Suicide**

Deondra Rose, PhD, Assistant Professor of Public Policy and Political Science at Duke University, author of "*Citizens By Degree: Higher Education Policy and the Changing Gender Dynamics of American Citizenship*"

Dr. Rose discussed the striking change in higher education over the past few decades, as women have come to earn college degrees at higher rates than men. She explained the reasons behind the trend, and the broader implications for women and society. She believes it empowers women to become not only more financially independent, but also more socially integrated and more politically engaged. She also discussed the impact of the "#MeToo" movement in the empowerment of women.

Issues covered:

Length: 9:41

**Women's Issues
Education
Sexual Harassment**

Lang Chen, PhD, postdoctoral scholar in Psychiatry and Behavioral Sciences at the Stanford University School of Medicine

Dr. Chen was the lead author of a study that identified the brain pathway that links a positive attitude toward math to higher achievement in the subject. He found that a student's attitude is an even a greater factor in their performance in math than IQ. He stressed the importance of parents and teachers, in encouraging students to keep an open mind and a positive attitude.

Issues covered:

Length: 4:51

**Education
Parenting**

Show # 2022-34

Date aired: 8/20/22 Time Aired: 6:30AM

Mark J. Perry, PhD, Scholar at The American Enterprise Institute, Professor of Finance and Business Economics in the School of Management at the University of Michigan-Flint, creator and editor of the popular economics blog *Carpe Diem*

Dr. Perry discussed a recent report from S&P Dow Jones that noted that in the past 15 years, only 5% of actively managed mutual funds performed better than index funds. He said index funds have become much more popular in recent years. He explained why nearly half of investors still gravitate to managed funds.

Issues covered:
Personal Finance
Retirement Planning

Length: 7:58

Ned Johnson, education expert, founder of PrepMatters, a tutoring service in Washington, DC, co-author of "*The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives*"

In the past few years, Mr. Johnson and his co-author found that high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. He believes the best antidote to stress is to give kids a greater sense of control over their lives, while still maintaining authority as parents. He discussed several ways that parents can give children of all ages a healthy dose of self-determination and control.

Issues covered:
Parenting
Mental Health
Education

Length: 9:12

Kate Genovese, author of "*Hat Tricks From Heaven: The Story of an Athlete in His Own Prison of Addiction*"

Every year, thousands of injured student athletes are prescribed opioids, and many will become addicted. Mrs. Genovese shared the story of her son, who became an opioid addict after six surgeries for hockey-related injuries, and died of an overdose at age 30. She discussed struggles faced by parents of an adult addict, and the help that is available to them.

Issues covered:
Substance Abuse
Parenting

Length: 4:58

Show # 2022-35

Date aired: 8/27/22 **Time Aired:** 6:30AM

Laura Linn Knight, parenting expert, former elementary school teacher, Certified Positive Discipline Educator, author of "*Break Free from Reactive Parenting*"

Ms. Knight offered suggestions to help families create more calm in the home as the new school year begins. She explained how parents can create an organized, efficient and fun morning routine. She also discussed how early children need to wake up before the school bus arrives, and the best forms of discipline to motivate kids to get ready on time.

Issues covered:
Parenting
Education

Length: 8:00

Simone Rodda, PhD, Associate Professor in the Auckland University of Technology, Psychology and Neuroscience in Auckland, New Zealand

Gambling is more available than any time in history, and over 10 million adults have sought help for problem gambling. Prof. Rodda examined the results of 24 studies conducted internationally that asked members of the general public about seeking help for gambling problems. She explained who is most likely to seek help, and the types of assistance that is available for problem gamblers.

Issues covered:
Gambling Addiction
Mental Health

Length: 9:18

Parisa Kamgar, P.E., biomedical engineer, inventor, environmental activist

Most people are aware that plastic pollution is a serious and growing global problem. Ms. Kamgar explained a newly emerging eco-friendly packaging strategy: dehydrated versions of cleaners, beverages, and other normally bottled products, which leave it up to the consumer to "just add water" before using or consuming the product. She said the innovation will reduce the amount of plastics destined for landfills, along with the amount of fuel needed to get the products to consumers.

Issues covered:
Pollution
Environment

Length: 5:05

Show # 2022-36

Date aired: 9/3/22 Time Aired: 6:30AM

Angela C. Santomero, M.A., co-creator of the educational children's TV program "Blue's Clues," author of "Preschool Clues: Raising Smart, Inspired, and Engaged Kids in a Screen-Filled World"

Ms. Santomero explained why healthy, research-based television programs and other media actually help preschoolers flourish academically, socially, and emotionally. She outlined the ways that parents can evaluate and monitor their child's exposure to a rapidly expanding array of media choices.

Issues covered:
Parenting
Education
Media

Length: 8:05

Jason Fung, MD, weight loss and diabetes expert, author of "The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally"

Nearly ten percent of all Americans have some form of diabetes. Dr. Fung talked about the causes behind this epidemic and the wide array of dangerous conditions it spurs. He also explained how dietary changes and weight loss can often eliminate the disease.

Issues covered:
Diabetes
Nutrition

Length: 9:01

Bob Gardner, Executive Director of the National Federation of State High School Associations

Youth sports programs across the nation are experiencing shortages of referees. Mr. Gardner said 80% of high school officials quit before their third year, and the average age of referees is climbing, now in the mid 50s. He said the primary reason behind this trend is abusive behavior by parents. He talked about the rewards of working as a sports official and explained how someone can volunteer.

Issues covered:
Substance Abuse
Parenting

Length: 4:56

Show # 2022-37

Date aired: 9/10/22 Time Aired: 6:30AM

Emily Weinstein, PhD, Principal Investigator at Project Zero in the Harvard Graduate School of Education, author of "*Behind Their Screens: What Teens Are Facing (And Adults Are Missing)*"

Dr. Weinstein interviewed 3500 teenagers to learn how they are influenced by smartphones and other electronic screens. She talked about the social stresses that have been drastically amplified in social media, then are further exacerbated because parents often don't understand. She explained how social media was a critically important social lifeline and study support tool during the pandemic. She also said social media has driven a profound shift in peer pressure for teenagers to adopt socially-approved opinions about politics.

Issues covered:

Length: 8:00

Parenting

Youth Mental Health

Tiago Forte, productivity consultant, author of "*Building A Second Brain: A Proven Method to Organize Your Digital Life and Unlock Your Creative Potential*"

Many people struggle to retain even a fraction of the knowledge we consume throughout our day, and wind up frustrated when we can't recall the information we need when we need it. Mr. Forte explained a simple method using existing smartphone technology to not only consume information, but to manage and streamline it.

Issues covered:

Length: 9:18

Personal Productivity

Career

Technology

Erin Matthews, home hygiene specialist

More than 50% of American households have a dog, cat, or both. Ms. Matthews outlined ways to control indoor allergens and pollutants from pets and other common sources. She said robotic vacuums with HEPA filters have been a major advance in dealing with the problem.

Issues covered:

Length: 5:05

Allergies

Personal Health

Show # 2022-38

Date aired: 9/17/22 Time Aired: 6:30AM

Tara Storch, co-founder of Taylor's Gift Foundation, a nonprofit 501(c)(3) organization that provides emotional support to organ donor families

More than 40,000 organ or tissue transplants were performed last year in the US. But behind every organ donation—usually because of an unexpected accident or tragedy-- there is a family reeling over sudden grief and loss. Mrs. Storch shared her personal story of losing her daughter to tragedy, which led her to found an organization to provide emotional support to other organ donation families left to go on with their lives.

Issues covered:

Length: 8:59

Organ Donation

Mental Health

Mindy H. Lee, graduate student at the University of Illinois Urbana-Champaign

Ms. Lee was the co-author of a small study that examined the effectiveness of a self-guided approach to weight loss that involved easy-to-use tools that helped users create low calorie and high fiber meals. She said the program participants lost an average of 5% of their body weight. She explained why diet flexibility is key to making weight loss and maintenance sustainable in the long run.

Issues covered:
Weight Loss
Personal Health

Length: 8:21

Ana María Rule, PhD, MHS, Assistant Scientist in Environmental Health and Engineering at Johns Hopkins Bloomberg School of Public Health

Lots of questions still linger about e-cigarettes, including just what users are breathing in when they vape. Dr. Rule led a study that found that the vapors from a variety of devices contain potentially toxic levels of metals, including lead. She explained why teenagers are at a greater risk of the toxins in e-cigarettes than adults.

Issues covered:
Smoking/Vaping
Personal Health

Length: 4:55

Show # 2022-39

Date aired: 9/24/22 Time Aired: 6:30AM

Pennie Crockett, domestic violence survivor, entrepreneur, author of "*Dangerous Love: From Battered to Boss Lady*"

Ms. Crockett shared her inspiring story of escaping from an abusive relationship and eventually starting a successful business. She said domestic violence survivors must not let the experience define them. She discussed the personal challenges she worked through to achieve her dreams, and recommended resources that are available to victims of domestic abuse.

Issues covered:
Domestic Abuse
Entrepreneurism

Length: 8:48

Brett Hollenbeck, PhD, Assistant Professor, UCLA Anderson School of Management

Can you really trust that online product review before you make a purchase decision? Prof. Hollenbeck led new research that discovered that the practice of faking online product reviews may be far more pervasive than anyone realized. He said there is a large online marketplace for the buying and selling of fake online reviews, often utilized by small, third-party sellers on Amazon. He said the sellers are typically based in China, which makes it difficult for US regulators to police the problem.

Issues covered:
Consumer Matters
Government Regulation

Length: 8:25

Karyn Lewis, PhD, Director of the Center for School and Student Progress at NWEA, a nonprofit research firm that creates academic assessments for students pre-K to grade 12

Although most schools are back to in-person learning, the COVID lockdowns created severe learning losses that will take years to address. Ms. Lewis said the losses in math were the most severe, but reading was also badly affected. She said low income and minority students were hardest hit. She also discussed tutoring efforts that are being tried in many states, and what parents can do to help their child.

Issues covered:

Education

Government

Length: 5:13