

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

4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 10/05/2019

Time Aired: 6:00 AM

Length: 15 Min.

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. For more information visit CrossRoadsMission.org

Date aired: 10/05/2019

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Walk to End
Alzheimer's

Guest: Carol Brown

Issue: #1 Community
Events

Carol Brown was in the studio to discuss the upcoming Walk to End Alzheimer's Event. The Walk to End Alzheimer's is hosted by the National Alzheimer's Association and they want to know you're walking in the event and need every walker to sign a standard waiver through their official registration. There is no registration fee for the Walk. However, it is asked that every walker that is able to make a personal donation and commit to raising funds in the fight against Alzheimer's. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law. This event is Saturday, October 12th at West Wetlands Park. It starts at 8:00 AM.

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4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 10/12/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Race Across the Southwest - Big Boy 4014
Guest: Tim McMahan

Issue: #1 Community Events

Tim McMahan from Union Pacific called the studio to discuss with Cody Beeson the exciting "Race Across the Southwest" Event and Tour that is coming through Yuma and the rest of Arizona. Union Pacific will be sending 4014 Big Boy, the last steam-powered locomotives out on tour this fall and Yuma Arizona is on the map. The 4014 Big Boy arrives at 3:45 p.m. MST Oct. 15 at 10th and So. Arizona Ave., and leaves the following morning at 8 a.m. MST. There won't be a formal display in Yuma, but folks will be able to at least see the locomotive when it arrives and afterward. There is no charge for this event, however, Union Pacific does ask those attending to stay at least 25 feet away from the tracks as there will be other trains operating near by this event.

Date aired: 10/12/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Walk to End Alzheimer's
Guest: Carol Brown

Issue: #1 Community Events

Carol Brown was in the studio to discuss the upcoming Walk to End Alzheimer's Event. The Walk to End Alzheimer's is hosted by the National Alzheimer's Association and they want to know you're walking in the event and need every walker to sign a standard waiver through their official registration. There is no registration fee for the Walk. However, it is asked that every walker that is able to make a personal donation and commit to raising funds in the fight against Alzheimer's. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law. This event is Saturday, October 12th at West Wetlands Park. It starts at 8:00 AM.

KBLU

4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 10/19/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YCT Presale
Tickets
Guest: Bobby Keim & Forrest Straley

Issue: #1 Community
Events

Bobby Keim & Forrest Straley (in character as Hercule Poirot) joined Cody Beeson in studio to promote release of tickets for the fall production of Yuma Community Theater's presentation of "Murder on the Orient Express." The characters have been cast and now it's time to let the Yuma community know that tickets are available for sale this weekend for this very limited show. The main cast includes Forrest A. Straley as Hercule Poirot, Sam Cervantes as Monsieur Bouc, Erica Mckissack as Helen Hubbard, Alexandria Ponce as Mary Debenham, and Eddie G. Pinson as Colonel Arbuthnot. The show takes place at the historic St. Paul's Church for a limited showing over three weekends. For more information visit their Facebook page for the upcoming dates and times.

Date aired: 10/19/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: AZ National Guard
Guest: Captain Sartor and Sgt Acosta.

Issue: #12 Military

Captain Sartor and Sgt. Acosta were in studio with Cody Beeson to discuss the Arizona National Guard. They lead a team of National Guard recruiters who are working to better get out the message about what the Guard is, what they offer to citizens who join, and how the Guard helps our state in emergencies. They have teams all around Arizona, and they are incredibly grateful for the opportunity to speak with station listeners about how the Guard works. They shared a personal story of why they joined, along with what the Guard does in Arizona, how joining the Guard doesn't require a full-time commitment, along with the advantages that come from being a part of the Arizona National Guard. For more information visit NationalGuard.com

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4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 10/26/2019

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Education
Advocacy Council

Guest: Tom, Tyree, Erin Echelson, Liz

Issue: #3 Education

Tom Tyree, Yuma County School superintendent brought Erin Echelson and Liz Salazar from Expect More Arizona into the studio with Cody Beeson to discuss the progress Arizona has been having in moving the K-12 education to world class standards. One of the most important accomplishments has been the conversation that the organization has been having with policymakers and other leaders in the state regarding public education. On a local level the Yuma Education Advocacy Council is the group that promotes the movement towards better education. Both of these groups request input from the local communities and that input will guide the discussion moving forward. In Yuma County, superintendent Tyree has been making progress discussing the issues with the local state representatives and senators.

Date aired: 10/26/2019

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Education
Advocacy Council (Part 2)

Guest: Tom, Tyree, Erin Echelson, Liz

Issue: #3 Education

The Yuma Education Advocacy Council shares the same goal as Expect More Arizona and can utilize the resources of each other. One of the critical elements to the solution is the Education Attainment numbers released by Expect More AZ. We are seeing a larger number of high school graduates obtain college degrees. Arizona's community colleges are playing a vital role in helping reach the statewide goal of 60% attainment by 2030. In fall 2017, 34 percent of undergraduate students in the U.S. attended public two-year colleges. Of all part-time undergraduates in the U.S., 58 percent attended public two-year colleges. These numbers are holding true for Arizona as well. The goal still needs to be reached, however, it is a great news to see Arizona on track to reach the goal of 60% attainment by 2030. For more information visit expectmorearizona.org

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4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 11/02/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Aunt Rita's
Foundation
Guest: Juan Lopez

Issue: #7 Community
Service Organizations

Juan Lopez, the Program Director for Aunt Rita's Foundation joined Cody Beeson on the phone to discuss the goal and mission of Aunt Rita's Foundation. Aunt Rita's Foundation is a nonprofit in Phoenix, Arizona that promotes HIV awareness and education throughout Arizona. Juan Lopez called in to share the partnership, launch and management of a new initiative that supports the overall goal of the Arizona Department of Health Services to have 90% of all HIV positive persons in Arizona tested and identified. This new initiative is called "Get Tested AZ" and this initiative helps by removing the stigma by providing vouchers for testing. Simply call or go online to request your confidential voucher. The testing locations are Albertsons/Safeway, Walgreens and Sonora Quest Labs. For more information visit auntritas.org

Date aired: 11/02/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Dancemakers in
Yuma Schools
Guest: Cindy Turntine

Issue: #1 Community
Events

Cindy Turntine with Dance Makers joined Cody Beeson in studio to discuss a very kind Community Interest Story on how Dance Makers is going to the Yuma Elementary Schools in District #1 before the end of the winter season to recognize students on Kindness. (Anti-Bulling). This campaign rewards the students with a special performance of the "How The Grinch Stole Christmas." There will be public performances as well but this one is exclusivity for the kindest students in district #1. For more information please call or contact Cherie Husmann at (928) 783-7754 Office or (928) 287-7885 Cell or you can email her at cheriehusmann@gmail.com or visit www.dancemakersyuma.com.

KBLU

4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 11/09/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Aunt Rita's
Foundation
Guest: Juan Lopez

Issue: #7 Community
Service Organizations

Juan Lopez, the Program Director for Aunt Rita's Foundation joined Cody Beeson on the phone to discuss the goal and mission of Aunt Rita's Foundation. Aunt Rita's Foundation is a nonprofit in Phoenix, Arizona that promotes HIV awareness and education throughout Arizona. Juan Lopez called in to share the partnership, launch and management of a new initiative that supports the overall goal of the Arizona Department of Health Services to have 90% of all HIV positive persons in Arizona tested and identified. This new initiative is called "Get Tested AZ" and this initiative helps by removing the stigma by providing vouchers for testing. Simply call or go online to request your confidential voucher. The testing locations are Albertsons/Safeway, Walgreens and Sonora Quest Labs. For more information visit auntritas.org

Date aired: 11/09/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Dancemakers in
Yuma Schools
Guest: Cindy Turntine

Issue: #1 Community
Events

Cindy Turntine with Dance Makers joined Cody Beeson in studio to discuss a very kind Community Interest Story on how Dance Makers is going to the Yuma Elementary Schools in District #1 before the end of the winter season to recognize students on Kindness. (Anti-Bulling). This campaign rewards the students with a special performance of the "How The Grinch Stole Christmas." There will be public performances as well but this one is exclusivity for the kindest students in district #1. For more information please call or contact Cherie Husmann at (928) 783-7754 Office or (928) 287-7885 Cell or you can email her at cheriehussmann@gmail.com or visit www.dancemakersyuma.com.

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4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 11/16/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Ballet Yuma's
Nutcracker
Guest: Jennifer Witman

Issue: #1 Community
Events

Jennifer from Ballet Yuma stopped by the station to discuss Yuma Ballet's colorful production of "The Nutcracker" with Cody Beeson. This production is set to original choreography by Kathleen Sinclair, Jon Cristofori and Emma M.K. Cong. This show has introduced audiences of all ages to the magnificent world of ballet. This holiday season, experience the beauty and grace of Ballet Yuma's cast of dancers, and make "The Nutcracker" one of your family's favorite holiday traditions for years to come. The shows will be Friday, December 13, 2019 - 7:00 pm Saturday, December 14, 2019 - 1:00pm & 5:00pm Sunday, December 15, 2019 - 1:00pm at Snider Auditorium 400 S. 6th Avenue Yuma, Arizona. For more information visit <http://www.balletyuma.org>.

Date aired: 11/16/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Disabled American
Veterans Louis Levy Chapter 11
Guest: Commander Danielle Job

Issue: #12 Military

Danielle Job from the Disabled American Veterans Louis Levy Chapter 11 was in studio with Cody Beeson to discuss the local DAV chapter and what it has to offer the local veterans. Services such as providing free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government. Providing outreach concerning its program services to the American people generally, and to disabled veterans and their families specifically. Representing the interests of disabled veterans, their families, their widowed spouses and their orphans before Congress, the White House and the Judicial Branch, as well as state and local government. For more information call (928) 783-6661.

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4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 11/23/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Ballet Yuma's
Nutcracker
Guest: Jennifer Witman

Issue: #1 Community
Events

Jennifer from Ballet Yuma stopped by the station to discuss Yuma Ballet's colorful production of "The Nutcracker" with Cody Beeson. This production is set to original choreography by Kathleen Sinclair, Jon Cristofori and Emma M.K. Cong. This show has introduced audiences of all ages to the magnificent world of ballet. This holiday season, experience the beauty and grace of Ballet Yuma's cast of dancers, and make "The Nutcracker" one of your family's favorite holiday traditions for years to come. The shows will be Friday, December 13, 2019 - 7:00 pm Saturday, December 14, 2019 - 1:00pm & 5:00pm Sunday, December 15, 2019 - 1:00pm at Snider Auditorium 400 S. 6th Avenue Yuma, Arizona. For more information visit <http://www.balletyuma.org>.

Date aired: 11/23/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Disabled American
Veterans Louis Levy Chapter 11
Guest: Commander Danielle Job

Issue: #12 Military

Danielle Job from the Disabled American Veterans Louis Levy Chapter 11 was in studio with Cody Beeson to discuss the local DAV chapter and what it has to offer the local veterans. Services such as providing free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government. Providing outreach concerning its program services to the American people generally, and to disabled veterans and their families specifically. Representing the interests of disabled veterans, their families, their widowed spouses and their orphans before Congress, the White House and the Judicial Branch, as well as state and local government. For more information call (928) 783-6661.

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4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 11/30/2019
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 schedule. It's always a good idea to have a professional inspect your vehicle on a regular basis.

Date aired: 11/30/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #1 Community Events

Howard Blitz from the Freedom Library stopped by the station to join Cody Beeson to promote the upcoming scholarship opportunities offered by the Freedom Library. Twice each year the Freedom Library host classes that discuss the Constitution and Economics. These Classes are a staple that the Freedom Library is known for hosting and teaching. The classes are free to attend, however, books and materials are a nominal fee. The Constitution classes are held on Tuesday and the Economics classes are held on Thursdays. 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. For more information visit freedomlibrary.org

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4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 12/07/2019
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 schedule. It's always a good idea to have a professional inspect your vehicle on a regular basis.

Date aired: 12/07/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #1 Community
Events

Howard Blitz from the Freedom Library stopped by the station to join Cody Beeson to promote the upcoming scholarship opportunities offered by the Freedom Library. Twice each year the Freedom Library host classes that discuss the Constitution and Economics. These Classes are a staple that the Freedom Library is known for hosting and teaching. The classes are free to attend, however, books and materials are a nominal fee. The Constitution classes are held on Tuesday and the Economics classes are held on Thursdays. 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. For more information visit freedomlibrary.org

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4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 12/14/2019

Time Aired: 6:00 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 January 14th.

Date aired: 12/14/2019

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Adair Range/HPRPC
Guest: Jerry & Joe Murek

ISSUE: #7 Community
Service Organizations

Joe and Jerry from the High Power Rifle and Pistol Club of Yuma joined Cody Beeson in studio to discuss the 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.

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4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 12/21/2019
Time Aired: 6:00 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 January 14th.

Date aired: 12/21/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Adair Range/HPRPC
Guest: Jerry & Joe Murek.

ISSUE: #7 Community
Service Organizations

Joe and Jerry from the High Power Rifle and Pistol Club of Yuma joined Cody Beeson in studio to discuss the 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.

KBLU

4th Qtr 2019 Quarterly Issues and Program Report

Date aired: 12/28/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Amberly's Place
Guest: Trevor Umphress

ISSUE: #7 Community
Service Organizations

Amberly's Place houses professionals who are specially trained in dealing with victims of child abuse (both physical and sexual), domestic violence, sexual assault and elder abuse. This special training helps to reduce the trauma to the victim. They accomplish this by promoting a working atmosphere of mutual respect and open communication between the professionals providing the services. Referrals to Amberly's Place come from community service providers, Department of Child Safety, law enforcement and individuals who wish to self-report. Last year in Yuma County 2,200 victims stepped through their door and began a journey to becoming a survivor. These are victims of: Child Abuse, Domestic Violence, Elder Abuse, Sexual Assault, and stalking. For more information visit AmberlysPlace.com or call (928) 373-0849.

Date aired: 12/28/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Amberly's Place
Golf Shootout Fundraiser
Guest: Trevor Umphress

ISSUE: #7 Community
Service Organizations

Trevor Umphress joined Cody Beeson in the studio to discuss the upcoming Million Dollar Shootout Fundraiser for Amberly's Place. This is the second year for the fundraiser and it is sponsored by Alexander Automotive Group again, that way all the proceeds can benefit the non-profit organization. To win the million dollars one must participate in "Closest To The Pin" Competition To Qualify from Dec. 27 - 30 at Desert Hills Par 3, 1301 W. 32nd Street, Yuma, AZ 10a.m. - 5p.m. or Sunset. The Top 3 "Closest To The Pin" Of Each Day Qualify For The Shootout will be asked to come back at try for the hole in one on Tuesday December. 31 At 3:00 PM. To sign up, simple show up any of the days during the contest. For more information visit AmberlysPlace.com or call (928) 373-0849.



Weekly Public Affairs Program

Call Letters: KBLU-AM

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2019

Show # 2019-40

Date aired: 10/5/19 Time Aired: 6:30am

Penelope (Penny) Muse Abernathy, Knight Chair in Journalism and Digital Media Economics at the University of North Carolina, former executive at The Wall Street Journal and The New York Times

Prof. Abernathy discussed the accelerating collapse of local newspapers, and the effect of consolidation and distant owners on papers that do survive. She talked about the numerous ways that the loss of a local newspaper is often devastating to a small community. She also explained why new digital news organizations are unable to fulfill the community role that a traditional newspaper once did.

Issues covered:

Length: 8:56

Media

Local Civics

Arthur "Tim" Garson, MD, physician, health policy expert, Director of the Health Policy Institute at the Texas Medical Center, co-author of *"Exposing the 20 Medical Myths: Why Everything you Know about Health Care is Wrong and How to Make it Right."*

Dr. Garson talked about some of the most common misconceptions about the nation's healthcare system. He believes it is possible to actually reduce the cost of healthcare, rather than simply slowing down the rate of increase. He talked about the proposals of Medicare-for-All and explained steps that can be taken to reduce wasted medical care dollars.

Issues covered:

Length: 8:24

Workplace Matters

Productivity

Louis Brown, PhD, Associate Professor of Health Promotion and Behavioral Sciences at the University of Texas UTHealth School of Public Health

Prof. Brown led a study that examined the effectiveness of an innovative strategy called "Teens Against Tobacco." He found that the program was an effective strategy to deter tobacco use in middle and high school students, at least in the short-term. He plans future research to determine its long-term results.

Issues covered:

Length: 5:09

Substance Abuse

Vaping

Youth at Risk

Show # 2019-41

Date aired: 10/12/19 Time Aired: 6:30AM

Laura M. Bogart, PhD, Senior Behavioral Scientist at the RAND Corporation, a nonprofit research organization that develops solutions to public policy challenges

Dr. Bogart directed a five-week obesity prevention program for seventh grade students that helped obese students lose an average of nine pounds over the following two-year period. She outlined the methods that were most effective, which included school-wide environmental changes and encouragement to eat healthy school cafeteria foods, along with a student-led education and marketing campaign.

Issues covered:
Childhood Obesity
Education
Parenting

Length: 8:26

Susan S. Silbey, PhD, Leon and Anne Goldberg Professor of Humanities, Professor of Sociology and Anthropology, Professor of Behavioral and Policy Sciences, Sloan School of Management at the Massachusetts Institute of Technology

The number of women enrolling in engineering school has increased steadily over the past four decades, but Dr. Silbey said one-third of women graduates soon leave the profession to pursue other careers. She said the reasons behind this problem are primarily related to the culture of engineering itself. She offered suggestions for women who are entering the profession, and explained why an engineering career should be such an attractive option for women.

Issues covered:
Women's Issues
Discrimination
Career

Length: 8:47

Dong Zhao, PhD, Assistant Professor of Construction Management, Michigan State University

Prof. Zhao led a study that found that more than 50 percent of potential energy savings from energy efficient homes can be lost if users don't know how to use the buildings properly. Dr Zhao said this is a concern both for individual homeowners as well as for commercial property owners.

Issues covered:
Energy
Consumer Matters

Length: 4:57

Show # 2019-42

Date aired: 10/19/19 Time Aired: 6:30AM

John Snook, Executive Director of the Treatment Advocacy Center, a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness

Mr. Snook discussed the increasing rates of homelessness across the country. He said that most of the chronically homeless have a serious mental illness and usually a co-occurring substance abuse problem. He said while affordable housing is also an important contributor to the problem, the main issue is that those who are in need of serious medical treatment of mental illness are not getting it. He said many cities and states have failed to amend their laws relating the mentally ill to keep up with the medical research.

Issues covered:

Homelessness
Mental Illness
Substance Abuse
Government Policies

Length: 8:31

Jo Boaler, PhD, Professor of Education and Equity at Stanford University, Faculty Director of youcubed—an education resource that has reached over 230 million students, co-author of *"Limitless Mind: Learn, Lead, and Live Without Barriers."*

Prof. Boaler discussed the latest research into neuroplasticity, the science that examines how the human brain is constantly growing and changing. She said whenever a student is struggling, that is the best time for brain growth. She said the brain is highly adaptable and that anyone can learn anything at any age, although learning does take longer as we age.

Issues covered:

Education
Personal Health

Length: 8:44

Ellen Smit, PhD, Nutritional Epidemiologist, Associate Professor at Oregon State University College of Public Health and Human Sciences

Dr. Smit led a study that examined four barometers of whether someone's behavior could be considered healthy, and the results were dismal. She found that fewer than 3% of all Americans have a genuinely healthy lifestyle. She explained the importance of the four criteria and the health impacts of each.

Issues covered:

Personal Health
Obesity

Length: 5:02

Show # 2019-43

Date aired: 10/26/19 Time Aired: 6:30AM

Teesha Hadra, co-author of *"Black and White: Disrupting Racism One Friendship at a Time"*

Ms. Hadra talked about the surprising ways that building friendships with people of other races can shape and move them toward taking actions against racism. She said that the limited definition of racism that most people have can set a very low bar for their conduct. She said well-meaning people can passively participate in racism by simply being unaware of it.

Issues covered:

Racism
Minority Concerns

Length: 8:31

Kenneth P. Rosenberg, MD, Distinguished Fellow of the American Psychiatric Association with a private practice in Manhattan, Clinical Associate Professor of Psychiatry at the New York-Presbyterian/Weill Cornell Medical Center, author of *"Bedlam: An Intimate Journey Into America's Mental Health Crisis."*

Dr. Rosenberg discussed the ineffective way that America handles the mentally ill. He said while those with serious mental illness were once treated in mental institutions and asylums, now they end up on the streets and in prisons. He said those with serious mental illness die an average of 28 years earlier than other Americans. He talked about potential reforms and the importance of initiating a national conversation about the problem.

Issues covered:

Length: 8:44

**Mental Health
Government Policies
Law Enforcement**

Melissa Stormont, PhD, Professor of Special Education, University of Missouri College of Education

Prof. Stormont led a study that found that a very simple readiness test can predict kindergarteners' success in school after 18 months. She said identifying students early in the academic year who may need additional support can allow teachers and parents more time to build essential academic and social behavioral skills. She outlined steps that parents can take to prepare their children for kindergarten.

Issues covered:

Length: 5:02

**Early Childhood Education
Learning Disabilities
Parenting**

Show # 2019-44

Date aired: 11/2/19 **Time Aired:** 6:30 AM

Brianne Doura, Legislative Director, National Council on Problem Gambling

Ms. Doura discussed the high rate of gambling addiction among military personnel and veterans. She said that gambling addiction is treated differently than other addictions, causing members of the military to be reluctant to seek help. She discussed federal legislation that aims to address the problem.

Issues covered:

Length: 8:04

**Gambling Addiction
Military Affairs
Government Policies**

Rachel Voth Schrag, PhD, domestic violence expert, Assistant Professor in the School of Social Work at The University of Texas at Arlington

Prof. Voth Schrag outlined the results of her study into an overlooked form of psychological abuse—educational sabotage. She explained that educational sabotage is a form of coercive control intended to prevent the victim from furthering their education. She said this form of abuse has a significant impact on the victim's ability to complete their education and eventually affects their economic independence and safety.

Issues covered:

Length: 8:59

**Domestic Violence
Education**

Massimiliano Delferro, Ph.D., Chemist, Group Leader Catalysis Science Program, Chemical Sciences and Engineering Division, at the U.S. Department of Energy's Argonne National Laboratory

Today, Americans throw away over three-quarters of plastics after one-time use. Dr. Delferro led a team that developed a chemical recycling method for converting some discarded plastics into higher quality products, for eventual use in everyday products like detergents and cosmetics. He said while the catalyst still needs further development, his results look very promising and the technology is 5-10 years from being viable from an economic standpoint.

Issues covered:
Recycling
Scientific Research

Length: 4:51

Show # 2019-45

Date aired: 11/9/19 **Time Aired:** 6:30AM

Michael Lindsey, PhD, Executive Director of the McSilver Institute for Poverty Policy and Research at New York University

Dr. Lindsey was the lead author of a study that found that suicide attempts are rising among black teens in the U.S., even as they fall among youth from other groups. He said researchers are puzzled as to why traditional precursors to suicide attempts like thinking about or planning a suicide are decreasing while actual attempts are going up. He outlined the specific challenges faced by black youth that may be a factor in the trend. He believes mental health counselors must be much more available in schools.

Issues covered:
Suicide
Minority Concerns
Youth at Risk

Length: 9:15

Geoffrey T. Sanzenbacher, PhD, Associate Professor of the Practice of Economics at Boston College, Research Fellow at the Center for Retirement Research at Boston College

Dr. Sanzenbacher was the co-author of a shocking study that found that only about one-quarter of workers ages 50-62 are consistently in traditional jobs with benefits. He said that the longer older workers stay with a particular job without benefits, the more financial damage they do to their retirement preparedness. He also explained the reasons that older workers end up in these jobs.

Issues covered:
Employment
Retirement Planning

Length: 8:05

Kathy Gatford, Ph.D., Senior Lecturer, Adelaide Medical School University, research group leader in the Robinson Research Institute in Australia

Prof. Gatford led a study that found that the more a baby weighs at birth, the higher the risk they will suffer from a childhood food allergy or eczema. Hay fever rates were the only allergy that was not connected to birth weight. She talked about the potential reasons and what expectant parents can learn from the study.

Issues covered:
Personal Health
Parenting

Length: 4:59

Show # 2019-46

Date aired: 11/16/19 Time Aired: 6:30am

Michael Itzkowitz, Senior Fellow at Third Way, a think tank in Washington, DC

More than 80% of freshmen students say they pursued higher education "to be able to get a better job." Mr. Itzkowitz led a study that found that half of the country's schools in 2018 left the majority of their former students earning less than \$28,000 a year, which is what the typical high school graduate makes. He said that all kinds of colleges led to underwhelming salaries, but for-profit schools typically performed the worst. He offered advice for parents and students.

Issues covered:
Higher Education
Federal Spending

Length: 9:15

Brent Sohngen, PhD, Professor of Environmental and Resource Economics in the Department of Agricultural, Environmental and Development Economics at Ohio State University

Prof. Sohngen led a study that found that while cutting down trees inevitably leads to more carbon in the environment, deforestation's contributions to climate change are vastly overestimated. He said previous estimates overestimated the impact because they did not account for the replanting and management of global forests over the last 70 years.

Issues covered:
Climate Change
Environment
Natural Resources

Length: 7:57

Morag MacKay, Director of Research, Safe Kids Worldwide

Ms. MacKay said that an American child is killed every five days in a train collision, a preventable tragedy that most parents overlook. She outlined the most common scenarios for these incidents and explained how parents can teach their children to avoid dangerous situations with trains.

Issues covered:
Railroad Safety
Child Safety
Parenting

Length: 5:06

Show # 2019-47

Date aired: 11/23/19 Time Aired: 6:30am

Chris Wimer, PhD, Senior Research Scientist at Columbia Population Research Center, Co-Director of the Center on Poverty and Social Policy at the School of Social Work at Columbia University

Prof. Wimer discussed his recent report that suggests that the percentage of Americans living in poverty may be underestimated by the official census. He explained that, while all official statistics apply the same rate of inflation to the income of people in all income brackets, his study proposes that inflation is much higher for people at the lower end of the income scale.

Issues covered:
Poverty
Economics
Government Spending

Length: 7:52

David Owen, author of "*Volume Control: Hearing in a Deafening World*"

Millions of Americans suffer from hearing loss, and in most cases, it begins in youth. Mr. Owen talked about the many health effects connected to hearing loss, including heart disease, diabetes, low birth weight, stress and cognitive decline. He talked about the most common everyday sounds that can gradually cause hearing loss, and why people avoid admitting they need a hearing aid or other help.

Issues covered:

Hearing Loss
Aging

Length: 9:09

Robert Wilson, PhD, Assistant Professor of Psychology and Cognitive Science, Arizona State University

Educational scholars have long recognized that there is something of a "sweet spot" when it comes to learning. Prof. Wilson led a study using artificial intelligence that determined the sweet spot is when failure occurs 15% of the time. Put another way, it's when the right answer is given 85% of the time. He explained what parents and teachers can learn from the study.

Issues covered:

Education
Parenting

Length: 5:06

Show # 2019-48

Date aired: 11/30/19 **Time Aired:** 6:30am

Anthony G. Comuzzie, PhD, obesity researcher and scientist with the Department of Genetics at the Texas Biomedical Research Institute in San Antonio

Recent government data shows that since the late 1980s and early 1990s, the average American has put on 15 or more additional pounds without getting any taller. Dr. Comuzzie explained why this is such a grave health concern. He also discussed potential causes and solutions to the nation's epidemic of obesity.

Issues covered:

Obesity
Personal Health

Length: 8:34

Doug Lamov, literacy and education expert, Managing Director of Uncommon Schools' Teach Like a Champion team, co-author of "*Reading Reconsidered: A Practical Guide to Rigorous Literacy Instruction*"

Mr. Lamov discussed the importance of teaching students to read with precision, rigor, and insight. He explained how Common Core curriculums are affecting reading programs across the country. He believes that most students are not given challenging enough assignments. He also offered suggestions for parents who want to instill a love of reading in their children.

Issues covered:

Education
Literacy
Government Policies
Parenting

Length: 8:44

James Kingsland, Science Production Editor of the London newspaper "*The Guardian*," author of "*Siddhartha's Brain: Unlocking the Ancient Science of Enlightenment*"

Mr. Kingsland discussed the latest research by leading neuroscientists and clinical psychologists that suggests that mindfulness practice reconfigures the brains. He said meditation can make people healthier and happier, and that it can help treat stress, chronic pain, hypertension and substance abuse.

Issues covered:
Mental Health
Aging

Length: 4:56

Show # 2019-49

Date aired: 12/7/19 **Time Aired:** 6:30AM

Jennifer B. Johnston, PhD, Assistant Professor of Psychology at Western New Mexico University

Dr. Johnston recently led a study that examined the role that media coverage may play in fueling the increase of mass shootings in the U.S. Her study concluded that one of the most effective ways of curbing mass shooting incidents may be to drastically change how news organizations cover them. She is in favor of an organized campaign to convince media organizations to focus more on the victims, rather than the killer, his weapons and his motivations.

Issues covered:
Media
Mass Shootings

Length: 9:45

Brian Roe, PhD, McCormick Professor of Agricultural Marketing and Policy at Ohio State University

American consumers throw away about 80 billion pounds of food a year. Dr. Roe led a study that examined Americans' attitudes and misconceptions about food waste. He said many consumers think they have good reasons to throw food away, but those perceived benefits are often not real. He noted that food waste is the largest source of municipal solid waste in the U.S. and the most destructive type of household waste in terms of greenhouse gas emissions.

Issues covered:
Environment
Consumer Matters
Food Safety

Length: 7:28

Jan E. Stets, PhD, Professor of Sociology at the University of California, Riverside

Cheating to get ahead is likely to reduce your level of happiness, according to Dr. Stets' research. In her study, participants were given the opportunity to cheat to get ahead. The 30% who cheated were more likely to report a reduction in happiness, once they considered that others would not see them as moral persons.

Issues covered:
Mental Health
Workplace Issues

Length: 4:58

Show # 2019-50

Date aired: 12/14/19 Time Aired: 6:30am

Steven Woolf, MD, Director Emeritus of the Center on Society and Health at Virginia Commonwealth University

Dr. Woolf led a study that found that mortality rates have increased in 48 states since 2010. He said the Rust Belt and Appalachia have seen some of the most dramatic increases in death rates for Americans, ages 25 to 64. He believes that, while the opioid epidemic is a major factor, the decades-long economic decline and loss of manufacturing jobs for the middle class may be one of the deeper root causes.

Issues covered:

Public Health
Drug Abuse
Economy

Length: 8:44

Teru Clavel, global education consultant, author of *"World Class: One Mother's Journey Halfway Around the Globe in Search of the Best Education for Her Children"*

Students in Asia consistently rank among the best in the world. Ms. Clavel spent a decade living in Asia, with her three children attending public schools in Hong Kong, Shanghai and Japan, before returning to the US. She explained how the American education system has much to learn from its Asian counterparts. She believes that local funding of schools in the US should be replaced by a national education budget, because under the current system, wealthy communities provide a much better education than lower-income communities.

Issues covered:

Education
Federal Spending

Length: 8:34

Jamie Amelio, philanthropist, entrepreneur, author of *"Staying Bothered: Find Your Passion, Commit to Action, Change the World"*

Ms. Amelio explained how every person is capable of affecting real positive change in their communities and around the world if they find one thing that bothers them, then take action to fix it. She shared her own story of a vacation to Cambodia in 2003 that turned into a ground-breaking educational non-profit called Caring for Cambodia.

Issues covered:

Volunteerism
Charity

Length: 5:08

Show # 2019-51

Date aired: 12/21/19 Time Aired: 6:30am

Kim Allan Williams, Sr, M.D., MACC, FAHA, MASNC, FESC, James B. Herrick Professor, Chief of the Division of Cardiology at Rush University Medical Center in Chicago

Heart disease is the leading killer of Americans, and African Americans have the highest risk of cardiovascular disease. Dr. Williams led a recent study of African Americans that found that following a vegan diet for five weeks showed significant improvements in risk factors for heart disease. He also discussed a new blood test called TMAO that he believes may be the best test yet for predicting the risk of heart attack, stroke, or other serious cardiovascular problems.

Issues covered:
Heart Disease
Minority Concerns
Nutrition

Length: 9:59

Sunny Lin, PhD, MS, Assistant Professor in the Oregon Health & Science University-Portland State University School of Public Health

Accessing medical records can improve a patient's quality of care and outcomes. Prof. Lin led a study that found that while more than 95% of patients recently discharged from a hospital had access to electronic records, only 10% of patients bothered to look at them. She outlined steps that hospitals can take to encourage more people to use these records.

Issues covered:
Personal Health
Government Regulations

Length: 7:22

Lyra Logan, Executive Vice President/General Counsel of the Florida Education Fund, a non-profit that creates and implements educational programs for underrepresented groups, MIT Master Trainer in Educational Mobile Computing, author of "*Learn to Program with App Inventor*"

Only about 45% of high schools nationwide offer computer science training. Ms. Logan explained why it is important for all kids to have a basic understanding of computer science. She would like to see computer coding and computer science taught as early as elementary school. She said the biggest hurdle is the shortage of qualified teachers.

Issues covered:
Education
Career

Length: 5:03

Show # 2019-52

Date aired: 12/28/19 **Time Aired:** 6:30AM

Bob Rusbuldt, CEO of The Independent Insurance Agents & Brokers of America

A consumer survey commissioned by Mr. Rusbuldt's organization found that many homeowners lack adequate insurance coverage, do not fully understand their homeowners policies and do not have enough savings to support their households in the event of a disaster. He discussed the most common misconceptions consumers have regarding homeowners insurance and what to do about it.

Issues covered:
Disaster Preparedness
Consumer Matters

Length: 8:37

Tomas Hult, PhD, Byington Endowed Chair and Professor of Marketing in the Eli Broad College of Business, Director of the International Business Center at Michigan State University

From recycling to reusing hotel towels, consumers who participate in a company's "green" program are more satisfied with its service, according to Dr. Holt's research. He explained the reasons behind these feelings, and the surprising way consumer decisions are affected when companies offer additional participation incentives.

Issues covered:

Recycling
Environment
Consumer Matters

Length: 8:40

Rachel Arocho, PhD, Research Fellow in Human Development and Family Science at Ohio State University

Dr. Arocho led a study that found that teenagers and young adults who expected to get married within the next five years reported committing fewer delinquent acts in the next year than those who weren't thinking about wedding bells. She discussed the possible reasons behind this finding.

Issues covered:

Crime
Youth at Risk

Length: 4:45