

QUARTERLY ISSUES/PROGRAMS LIST

The following is a listing of some of the significant issues responded to by Station KRWQ-FM, Gold Hill, Oregon, along with the most significant programming treatment of those issues for the period October 1, 2016 – December 31, 2016. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Show	Date	Time	Duration	Narration of Type & Description of Program/Segment
Public Service/Humane society/ Animal Adoption	The Q Crew	10/5	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page for viewing.
Public Service/Humane society/ Animal Adoption	The Q Crew	10/12	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page for viewing.
Public Service/Humane society/ Animal Adoption	The Q Crew	10/19	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page for viewing.
Public Service/Employment/ volunteer opportunity	The Q Crew	10/20	7:40	10 minutes	Julie with Goodwill is in to discuss the Running Dead 5K to encourage participants. All proceeds help benefit Goodwill's job training programs in various local counties.
Public Service/Humane society/ Animal Adoption	The Q Crew	10/26	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page for viewing.
Public Service/Humane society/ Animal Adoption	The Q Crew	11/2	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page for viewing.
Non Profit/Public Service/Youth in need	The Q Crew	11/6	8:30	5 minutes	Those competing in the Dancing with the Rogue Valley stars are in to promote the event and chat about Sparrow Clubs – who empower kids to help kids in medical need.
Public Service/Humane society/ Animal Adoption	The Q Crew	11/9	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page for viewing.
Public Service/Humane society/ Animal Adoption	The Q Crew	11/16	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.
Public Service/Humane society/ Animal Adoption	The Q Crew	11/30	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.
Fundraiser/ Public Service/Events	The Q Crew	12/2	7:40	10 minutes	Helen is in with the Jackson County Expo to talk about their Christmas Showcase
Public Service/Humane	The Q Crew	12/7	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto

society/ Animal Adoption					main Q Facebook page.
Public Service/Humane society/ Animal Adoption	The Q Crew	12/14	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.
Public Service/Humane society/ Animal Adoption	The Q Crew	12/21	8:20	5 minutes	Karen with the Southern Oregon Humane Society is in to discuss which "Q Critter" is up for adoption. Picture and bio loaded onto main Q Facebook page.

QUARTERLY ISSUES/PROGRAMS LIST

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Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
Environment, Science, energy, governmental systems	Clear Connections	10/2	530	25	An interview with Patrick Wood, author of TECHNOCRACY RISING . Patrick Wood details how Technocracy, a very old ideology from the 1930's, has infested our republic. Technocracy is a replacement economic system of an energy-based economy, combined with "scientific social engineering". The push for one world government, carbon taxes, sustainable development are parts of this system, and must be rolled back in order to sustain our way of life, and proper role for government.
Public Health, disease prevention	Clear Connections	10/2	555	5	Roxy Ann Winery reps detail the upcoming "Crush Polio 2016", a fundraiser done in conjunction with the Medford Rogue Rotary to raise money to eradicate polio in Afghanistan – the last country on the planet which still experiences outbreaks of this disease.
Housing policy, zoning, local government and regulation	Clear Connections	10/9	530	30	Tom DeWeese from the American Policy warns listeners about HUD changes requiring "fairness" of where section 8 housing is located. HUD is forcing every community which is applying for its grants to complete an "Assessment of Fair Housing" to identify all "contributing factors" to discrimination. These include a complete break down of race, income levels, religion and national origin of every single person living there. They use this information to determine if the neighborhood meets a preset "balance," determined by HUD.

Public Education	Clear Connections	10/16	530	30	<p>Vicki Alger of the Independent Institute discusses her book, "Failure". A comprehensive account and frank assessment of federal involvement in education is long overdue. Created in 1979, after a lobbying campaign that spanned generations, the Department of Education has <i>failed</i> to live up to its promises.</p> <ul style="list-style-type: none"> • Federal involvement—whether related to testing, funding, or academic curricula—has <i>failed</i> to abide by the Constitution's implication that education must remain the domain only of state and local governments and private institutions. • Most of all, the central government's pervasive meddling in education has <i>failed</i> America's school children and their parents. <p>Education policy has long been mired in controversies, often with opposing sides missing the mark. Failure helps us step back from the skirmish <i>du jour</i> and redirects our focus to the big picture, showing us what's gone wrong over the decades and the institutional causes of these failures. It also offers a bold blueprint for returning the federal government to its constitutional role and for cultivating an educational system that meets the needs of students and parents, rather than bureaucrats.</p>
Local Traffic, Zoning, Land Use Planning and Retail Economic issues	Clear Connections	10/23	530	30	<p>Cal Martin, a local developer planner, explains his filing of an appeal with the LCDC opposing the proposed relocation of Costco from the City of Medford to industrial land in Central Point. He details how he believes Central Point illegally terms Costco a "warehouse" store to make it fit in an industrially zoned area, when it's truly the highest traffic-generating retail business in southern Oregon. Cal also claims that Medford residents will have to pay around 20 million dollars in road improvements in order for traffic snarls to be fixed at the new Costco location.</p>
Education policy and state government	Clear Connections	10/30	530	30	<p>Various state and local officials weigh in on Measure 98, which would earmark a certain percentage of state school funding to technical and job training skills of older high school age students. Tim Nesbitt, the measure's lead petitioner, explained this will help employers find</p>

					employees truly ready to work with the needed skills. State Rep. Sal Esquivel was a bit more guarded on the proposal, indicating that there was nothing stopping local districts from doing this if they wished to. Dr. Shumate, superintendent of Medford 549C, was mixed on the proposal, viewing it as possibly duplicative of existing programs in the district.
Health Policy, public health,	Clear Connections	11/6	530	15	Dr. Merrill Matthews, resident scholar at the Institute for Policy Innovation, reveals how the Obamacare system is rolling into full-blown collapse death spiral. Fewer healthier people can afford the exploding premium costs, and are choosing to opt-out.
Public Safety	Clear Connections	11/6	545	5	Lt. Kerry Curtis of Medford Police warns listeners about a trend to violent encounters via Craigslist Ads. Curtis says best to meet people responding to your ads in a public place, perhaps even in front of the police station in case of trouble.
Philanthropy, surviving sex trafficking	Clear Connections	11/6	550	10	Herstel and Kelly Jones from Jones and Associates deliver good news about their charitable foundation JonesCares.org, which award financial makeovers to deserving recipients. The winner we're talking of that got the latest award is Mercedes Pickert. Jones will pay her rent for the next 6 months. Pickert is a survivor of child sex trafficking, and is mentoring several young women through Redemption Ridge, and working to have them recover from sex trafficking.
Unemployment, economy	Clear Connections	11/13	530	30	Nicholas Eberstadt, author of MEN WITHOUT WORK discusses the latest unemployment numbers. Despite the positive numbers, Eberstadt has another interpretation that 10 million men are out of work and we are at Great Depression levels of workforce participation.
Justice System,	Clear Connections	11/20	530	15	Jonathon Wood, environmental attorney with the Pacific Legal Foundation. We discuss the appearance of a two-tier justice system regarding the environment and the environment. The EPA, for one, was responsible for a massive environmental damaging incident in Colorado and no EPA officials were charged criminally. Contrast this with the way the EPA criminally charges many businesses and individuals for doing much less. Wood says Congress needs to reduce the overcharging problem by ensuring that there be actually criminal intent before being charged...in other words not everything should be a crime involving environmental law.
Criminal Justice, family court, college sex	Clear Connections	11/20	545	15	Wendy McElroy, author of "Rape Culture Hysteria". She believes that men and women should be treated equally with regard to sex

policies					crimes. She herself is a rape survivor, but still sees great inequity with how men are charged with sex abuse issues without there being real crimes committed. She sees this most on college campuses and our family court systems where men are in effect being tagged as abusers simply from “being men”.
Law Enforcement	Clear Connections	11/27	530	15	Lance Lorusso, former attorney, author of “When Cops Kill”. There has been a massive growth in the ambush-style killings of police officers in the country. Lorusso says this is in part reaction to a rhetoric going unchecked. He says it’s based on the lies promoted by Black Lives Matters and other social justice groups. A side-effect of this trend has been the great difficulty in recruiting new police officers, due to the feeling that government doesn’t “have the back” of law enforcement.
Television, protecting children	Clear Connections	11/27	545	15	Dr. Christopher Gildemeister from the Parents Television Commission. Disturbing trend in television of child characters on television shows speaking more explicitly of sex, using graphic language, and using more profanity. It’s been trending up for the last 15-20 years, and Disney-ABC is the major network demonstrating more of this behavior of late.
Religion, science, government science policy	Clear Connections	12/4	530	15	Dr. William Briggs from the Stream.org discusses two influential bioethicists who say that medical doctors of faith should not be allowed to practice medicine. Briggs thinks that it is dangerous for governments to consider forcing doctors to perform medical procedures against
Transportation policy, public safety	Clear Connections	12/4	545	15	Eric Peters, automotive journalist, talks about the push toward self-driving cars. Questions how the federal government is trying to come up with rules about when the driver has to take over. Peters believes this is ridiculous, as the whole aspect of driverless cars is to not have a driver pay attention. You can be a driver, or a passenger, but not both. Peters believes this is part of the trend of getting people out of cars, and unskilled or unable to move themselves without some government control structure in place.
Free speech and religion. Political Correctness	Clear Connections	12/11	530	15	John Rutherford, constitutional attorney with the Rutherford Institute explains the “10 Rules of Christmas” breaking down numerous cases where schools and government agencies restricted the rights of all to celebrate Christmas and other holidays. Makes it clear that most of these restrictions are incredibly unconstitutional and without legal merit. Adds that you keep your

					freedoms by using them.
State government and over-regulation of commerce	Clear Connections	12/11	545	15	Anastasia Boden, staff attorney at the Pacific Legal Foundation discusses a case they're supporting. Two architects moved to Oregon, didn't have Oregon architectural licenses, so decided to make drawings of buildings for marketing purposes and realtors. The state fined them \$10,000 each for practicing architecture without a license. They and PLF fought back, arguing that drawing pictures of houses is NOT the same. The state lost the first court case, but has appealed to the Oregon Court of Appeals. PLF will continue fighting for their rights to earn a living.
Foreign policy, federal government	Clear Connections	12/18	530	15	Ann Pierce is an author, commentator and scholar in the areas of American Presidents, American Foreign Policy and American Society. She comments on the incoming Trump administrations nomination of Exxon CEO Rex Tillerson. She's highly concerned about President-elect Trump's previous pro-Russia statements and expressed willingness to cooperate with Russia in Syria. But a side of her thinks American foreign policy could hardly get worse, and hopes Trump's Defense and State Department teams will chart a better course.
State Government and immigration policy, fiscal policy	Clear Connections	12/18	545	15	State Representative Sal Esquivel talks of his plan to introduce legislation to repeal the effective sanctuary state policy of the state of Oregon, and to return to a policy of assisting federal immigration officials in the exercise of their duties. In addition, Sal has great criticism for Governor Brown's recently proposed budget for FY 2017. Money coming into the state is up at least 7 percent, but Brown proposed 10-12% spending increases, which Esquivel deems unsustainable and irresponsible.
Justice Court funding, county government, public safety	Clear Connections	12/25	530	30	Justice court Judge Joe Charter calls for the restarting of the county sheriff traffic team, which was dismantled by outgoing Sheriff Corey Falls.



Call Letters: KRWQ_____

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2016

Show # 2016-40

Date aired: ___10-2___ Time Aired: _5:00_____

James J. Duane, Professor at Regent Law School in Virginia Beach, VA, author of "*You Have the Right to Remain Innocent*"

Prof. Duane explained the importance of the Fifth Amendment. He believes it is a constitutional right not clearly or widely understood by the average American. He explained why he advises everyone to never answer questions from law enforcement officers without legal representation. He believes when someone is wrongfully convicted of a crime they didn't commit, often it is because of information they voluntarily gave to investigators.

Issues covered:
Constitutional Rights
Legal Matters
Crime

Length: 9:03

Frank Lalli, investigative journalist, author of "*Your Best Health Care Now: Get Doctor Discounts, Save With Better Health Insurance, Find Affordable Prescriptions*"

Mr. Lalli shared his personal story: after he was diagnosed with multiple myeloma, a treatable form of blood cancer, he put his reporter's instincts to work and got the wonder drug he needed at an affordable price—thousands of dollars less than he was told he would have to spend. He explained how to negotiate doctors' fees and how to search for assistance in paying for medications.

Issues covered:
Personal Health
Consumer Matters

Length: 8:11

Alan Cook, Licensed Contractor, author of "*A Trip to the Number Yard*"

America's math proficiency is rated 24th out of 29 math-tested countries. Mr. Cook talked about the problem of mathematic illiteracy for both do-it-yourselfers and trade professionals, and the mishaps that sometimes occur as a result. He explained which math skills are crucial to these blue-collar endeavors. He believes the main problem is that that our nation's schools have failed to teach math in an engaging manner.

Issues covered:
Education
Workplace Matters

Length: 4:41

Show # 2016-41

Date aired: 10-9 Time Aired: 5:00

Philip Moeller, author of "*Get What's Yours for Medicare: Maximize Your Coverage, Minimize Your Costs*"

Health costs are the biggest unpredictable expense for older Americans, who are turning 65 at the rate of 10,000 a day. While Medicare guarantees them affordable health insurance, few Americans know what Medicare covers and what it doesn't, what it costs, and when to sign up. Mr. Moeller explained why Medicare has become so confusing, and how people approaching retirement can understand these complex and important choices.

Issues covered:

Length: 9:13

**Medicare
Senior Citizens
Healthcare**

Caitlin Shetterly, author of "*Modified: GMOs and the Threat to Our Food, Our Land, Our Future*"

GMO products are among the most consumed and the least understood substances in the United States today. Ms. Shetterly shared her personal story of how GMOs affect her family's health. She explained why consumers should learn more about GMOs and why organic foods can be a sensible choice.

Issues covered:

Length: 8:01

**Food Safety
Personal Health
Consumer Matters**

Ken Redcross, MD, board-certified internal medicine physician in New York state

Cold and flu season is here, but Dr. Redcross said there are actually three major viruses that people should be concerned about. He explained how to identify the symptoms of each virus, and what the treatment options are.

Issues covered:

Length: 4:58

**Influenza
Personal Health**

Show # 2016-42

Date aired: 10-16 Time Aired: 5:00

Karin Slaughter, bestselling author, Founder of the "Save the Libraries"

Ms. Slaughter's organization raises funds for libraries in underprivileged communities. She said libraries are the backbone of our nation's educational infrastructure, and they are being slowly dismantled by financially-troubled municipalities and apathetic politicians. She explained the crucial relationship between libraries and schools. She offered suggestions of what the average citizen can do to help their local library.

Issues covered:

Length: 8:11

**Libraries
Local Government
Education**

William Schiemann, PhD, organizational psychologist, CEO of Metrus Group, author of "*Fulfilled! Critical Choices – Work, Home, Life*"

One out of five men in their twenties without a college degree has not worked at all in the past 12 months. Dr. Schiemann noted that these younger, lower-skilled men are now less likely to work, less likely to marry and more likely to live with parents, yet many of them feel fulfilled. He has found that success does not necessarily equal fulfillment. He explained the key drivers of fulfillment, both at home and at work, and why it is so important.

Issues covered:
Workplace Matters
Career
Mental Health

Length: 9:06

Costantino Iadecola, M.D., Anne Parrish Titzell Professor of Neurology and Director of the Brain and Mind Research Institute at Weill Cornell Medical College in New York

Dr. Iadecola authored a report for the American Heart Association which found that high blood pressure, especially in middle age, is associated with an increased risk of cognitive impairment later in life. He outlined steps to deal with high blood pressure.

Issues covered:
Alzheimer's Disease
Personal Health

Length: 4:58

Show # 2016-43

Date aired: 10-23 Time Aired: 5:00

Robert Cialdini, PhD, social psychologist, Regents' Professor Emeritus of Psychology and Marketing at Arizona State University, former visiting Professor of Marketing, Business and Psychology at Stanford University and the University of California at Santa Cruz, author of "*Pre-Suasion: A Revolutionary Way to Influence and Persuade*"

Dr. Cialdini talked about the science behind persuasion. He said it's not so much about the message, but what happens in the moment before the message is delivered. He explained how consumers can recognize when they are the target of this sales technique. He also discussed how it can be used in job interviews and other common daily activities.

Issues covered:
Consumer Matters
Career

Length: 9:54

Ateev Mehrotra, MD, Senior Investigator and Associate Professor of Health Care Policy at Harvard Medical School

Increasingly powerful computers are playing a greater role in our lives every year. Could a computer match, or even outperform, human physicians in diagnosing illnesses? Dr. Mehrotra led a study that found that humans still have the upper hand--for now. He outlined several possible ways that computers may play a greater role in future healthcare scenarios.

Issues covered:
Personal Health
Technology

Length: 7:11

Nicholson Baker, teacher, author of "*Substitute: Going to School With a Thousand Kids*"

Mr. Baker worked as on-call substitute teacher in a Maine public school district. He discussed the state of public schooling in America: children swamped with assignments, overwhelmed by social media and educational technology, and staff who struggle with overly ambitious curriculums.

Issues covered:
Education
Youth at Risk

Length: 5:00

Show # 2016-44

Date aired: 10-30 Time Aired: 5:00

Adam Levin, founder of security management and resolution company IDT911, author of "*Swiped: How to Protect Yourself in a World Full of Scammers, Phishers, and Identity Thieves*"

With online breaches of massive databases becoming increasingly common, identity theft is a fact of life. Mr. Levin explained the most common schemes used by scammers, to steal consumers' private information. He said beyond simple identity theft, other forms such as medical-related, tax fraud-related and child identity theft are all increasing rapidly. He offered suggestions for consumers on how to avoid becoming a victim.

Issues covered:
Identity Theft
Consumer Matters

Length: 9:29

Deborah Carr, PhD, Professor of Sociology, Interim Director of the Institute for Health, Health Care Policy and Aging Research at Rutgers University

A recent federal report noted that, no matter how advanced their age, older men are far more likely to be married than older women. Dr. Carr said life expectancy explains only part of this gray gender gap. She discussed the economic, social and health effects of this issue. She also explained why many older women are content to be single anyway.

Issues covered:
Women's Issues
Senior Citizens
Retirement

Length: 7:40

Jonathan Dirlam, doctoral student in Sociology at Ohio State University

Mr. Dirlam was the lead author of a study that found that job satisfaction in a worker's late 20s and 30s has a link to mental health 15-20 years later. He said those less than happy with their work early in their careers reported that they were more depressed and worried and had more trouble sleeping in their 40s.

Issues covered:
Mental Health
Career

Length: 4:57

Show # 2016-45

Date aired: 11/6 **Time Aired:** 5:00

Robert Neuman, PhD, former associate dean of academic advising at Marquette University, author of "*Are You Really Ready for College?: A College Dean's 12 Secrets for Success - What High School Students Don't Know*"

Roughly 2/3rds of college students fail to earn a degree in four years, and Dr. Neuman believes the reason is that they are ill-prepared. He outlined several strategies that high school students can use to enter college with the knowledge, learning skills and work ethic required to succeed. He explained why extra-curricular activities are also quite important when submitting a college application.

Issues covered:

Length: 8:21

Education
Parenting

Graeme Cowan, corporate mental health consultant, author of "*Back from the Brink: True Stories and Practical Help for Overcoming Depression and Bipolar Disorder*"

One in five Americans takes at least one psychiatric medication, such as an anti-depressant or anti-anxiety drug. Mr. Cowan shared his own story of battling depression. He explained how depression can affect a company's workforce, and how managers and co-workers can help someone who is suffering for depression, stress or other mental health issues.

Issues covered:

Length: 8:48

Mental Health
Workplace Matters

Dana Peres Edelson, MD, Director of Clinical Research at the Emergency Resuscitation Center at the University of Chicago Medical Center

Dr. Edelson was a co-author of revised guidelines for cardiopulmonary resuscitation for The American Heart Association. She outlined the current recommendations for CPR procedures, and said chest compression should be the top priority in a cardiac emergency.

Issues covered:

Length: 5:00

Personal Health
Emergency Preparedness

Show # 2016-46

Date aired: 11/13 **Time Aired:** 5:00

Jonathon Wai, PhD, Psychologist, Research Scientist at the Duke University Talent Identification Program

Dr. Wai is one of the researches involved in a 45 year study of intellectually gifted children. He noted that kids who test in the top 1% tend to become the nation's eminent scientists and academics, Fortune 500 CEOs and federal judges, senators and billionaires. He said, because of the focus on lower performing students, youngsters who show an early aptitude for subjects like science and math tend not to receive the help they need. He offered several simple steps schools can take to help gifted students reach their full potential.

Issues covered:

Length: 9:00

Education

Parenting

Joann S. Lublin, Management News Editor for the Wall Street Journal, author of "*Earning It: Hard-Won Lessons from Trailblazing Women at the Top of the Business World*"

Ms. Lublin said that, although career prospects have improved, progress is still frustratingly slow for women hoping to break the glass ceiling in large companies. She explained what it takes for women to climb to corporate heights in America, such as finding a career mentor.

Issues covered:

Length: 8:13

**Women's Issues
Workplace Matters**

Sage R. Myers, MD, MSCE, Assistant Professor in Pediatrics at the University of Pennsylvania Perelman School of Medicine, Attending Physician in the Division of Emergency Medicine at Children's Hospital of Philadelphia

Contrary to what many believe, living in the city is far less risky than in the country, according to a study Dr. Myers recently completed. She said that although homicides in cities still outpace those in rural areas, the risk of dying from some form of accident or injury is 20 percent greater in rural counties. She explained how this research can be used for future planning of trauma centers and other improvements to the medical system.

Issues covered:

Length: 4:55

**Personal Health
Crime
Government**

Show # 2016-47

Date aired: 11/20 Time Aired: 5:00

Melanie Cullen, management and technology consultant, author of "*Get It Together: Organize Your Records So Your Family Won't Have To*"

Ms. Cullen said disorganization can be a nightmare for those who need to step in to help an elderly person as a caregiver or estate executor. She offered simple ways to organize important records like passwords, financial records, insurance policies, funeral arrangements, and other personal information.

Issues covered:

Length: 8:36

**Senior Citizens
Retirement Planning**

Peter Mazareas, PhD, worked with the U.S. Congress on legislation to create 529 savings plans, co-author of "*Plan and Finance Your Family's College Dreams: A Parent's Step-By-Step Guide from Pre-K to Senior Year*"

Planning and paying for a college education is a daunting task for most parents. Dr. Mazareas discussed the merits and complexities of 529 savings plans, which allow parents to save tax-free for higher education expenses. He said that there are numerous free and easy-to-access tools for parents to plan for the costs of college.

Issues covered:

Length: 8:38

**Education
Consumer Matters
Parenting**

Pamela Rutledge, PhD, Director of the Media Psychology Research Center, Fielding Graduate University in Santa Barbara, CA, author the "Positively Media" column for PsychologyToday.com, Editor-in-Chief of the academic journal Media Psychology Review

Dr. Rutledge talked about the effect of selfies, Instagram and other social media phenomenon on girls' self-esteem. She believes that parents should not be overly concerned, that selfies are just the latest form of exploration and identity experimentation in teenagers' formative years.

Issues covered:
Girl's Issues
Parenting

Length: 5:01

Show # 2016-48

Date aired: __11/27__ Time Aired: __5:00__

AnnMarie Thomas, PhD, Associate Professor, School of Engineering at the University of St. Thomas, author of "*Making Makers: Kids, Tools, and the Future of Innovation*"

Dr. Thomas said many of today's engineering students have few hands-on skills or the ability to actually make or fix something. She explained why it is crucial to encourage today's youth to think creativity and innovatively. She offered suggestions for parents who want to teach their children to be able to use their hands to make things.

Issues covered:
Education
Parenting

Length: 8:31

Valter Longo, PhD, biogerontologist and cell biologist, Professor at the University of Southern California-Davis School of Gerontology, Director of the USC Longevity Institute

Dr. Longo has led multiple studies examining the effect of fasting on life extension and cancer therapy. His latest study found that a three-day fast appears to significantly increase the effectiveness of chemotherapy treatments. He talked about the possible reasons behind this finding, and what people need to know before considering a fast.

Issues covered:
Personal Health

Length: 8:47

Sara Bleich, PhD, Associate Professor at Johns Hopkins Bloomberg School of Public Health.

Dr. Bleich believes consumers make poor nutritional choices because the concept of calories means very little to them. She conducted a study of urban teenagers in which signs were placed in convenience stores, informing patrons that it would take five miles of walking to burn up the calories from a soft drink. Soda sales declined, not only while the signs were posted, but even weeks after they were removed. She explained the importance of finding ways to communicate nutritional information in more useable formats.

Issues covered:
Consumer Matters
Nutrition
Government Policies

Length: 5:16

Show # 2016-49

Date aired: 12/4 **Time Aired:** 5:00

Pam S. Fischer, consultant for the Governors Highway Safety Association, principal of Pam Fischer Consulting in Hackettstown, NJ

Recent government data found a ten percent spike in teen driver-involved fatal crashes. Ms. Fischer outlined the current teen driving restrictions used in most states. She believes that states should consider strengthening their teen licensing requirements. She said the brain is not fully developed in teenagers, so teens don't assess risk in the same way as adults.

Issues covered:
Teenage Driving
Youth at Risk
Parenting

Length: 9:22

Dennis E. Reidy, PhD, Clinical Neuropsychologist, Behavioral Scientist in the Division of Violence Prevention at the Centers for Disease Control and Prevention in Atlanta

Stalking is a widely recognized public health concern, yet little information is available about stalking behaviors among teenage victims. Dr. Reidy led a study that determined that found that 14% of girls and 13% of boys have been victims of stalking. In addition, the survey found that the stalked teens were more likely to report symptoms linked to depression, as well as risky behavior such as binge drinking and sexting.

Issues covered:
Stalking
Youth at Risk
Mental Health

Length: 7:58

Susan Feitelberg, Certified Financial Planner, Senior Vice President at Morgan Stanley, author of "*The Net Worth Workout*"

Ms. Feitelberg discussed the baby boom generation's shaky financial fitness, particularly in the area of retirement planning. She offered suggestions on how consumers can assess their current financial condition and set achievable financial goals.

Issues covered:
Consumer Issues
Economic Issues
Seniors & Retirement

Length: 4:48

Show # 2016-50

Date aired: 12/11 **Time Aired:** 5:00

Stephanie Ruest, MD, FAAP, Pediatric Emergency Medicine Fellow at Rhode Island Hospital, fellow of the American Academy of Pediatrics

Dr. Ruest's research on behalf of the American Academy of Pediatrics found that the more time children spend using digital devices, the less likely they are to finish their homework. Children who spent two to four hours a day using computers, videogames, tablets and smartphones had 23 percent lower odds of always or usually finishing their homework,

compared to children who spent less than two hours. Dr. Ruest offered advice to parents on how to monitor and control digital usage.

Issues covered:

Length: 7:39

**Education
Parenting**

Laura Adams, Senior Insurance Analyst for insuranceQuotes.com

Ms. Adams outlined a new study by insuranceQuotes that found that 86% of Americans are unaware that insurers use the claims history of previous homeowners to set premiums for new policies. She explained why consumers are unaware of this database, what it contains, and how they can obtain a free report for their property.

Issues covered:

Length: 9:26

**Consumer Matters
Home Ownership**

Heidi Williams, PhD, Class of 1957 Career Development Associate Professor in the Department of Economics at Massachusetts Institute of Technology

The average amount an American spends on healthcare varies wildly, depending on where they live. Yet the outcome—average life expectancies—are similar. Dr. Williams co-authored a study of millions of Medicare patients' records. She found that decisions by patients and doctors are responsible for virtually equal shares of the differences in regional spending.

Issues covered:

Length: 4:55

**Personal Health
Consumer Matters
Government Spending**

Show # 2016-51

Date aired: 12/18 **Time Aired:** 5:00

Michael C. Harper, expert in employment discrimination law, Barreca Labor Relations Scholar and Professor of Law, Boston University School of Law

Prof. Harper discussed the growing influence of age discrimination in today's job market. He explained the reasons that employers often avoid older job applicants. He said the Age Discrimination in Employment Act, which prohibits employment discrimination against anyone 40 or older, is highly ineffective. Prof. Harper believes the law should be reformed to make it at least as strong a deterrent as laws that prohibit discrimination on race or gender.

Issues covered:

Length: 8:41

**Age Discrimination
Workplace Matters
Senior Citizens**

Jeff Blyskal, Senior Editor at Consumer Reports

Americans are used to being monitored for security reasons as they shop, but Mr. Blyskal said an increasing number of walk-in retailers are taking spying to a whole new level. He said stores are installing hidden video cameras, video analytics software, smartphone tracking and wi-fi hotspots to gather a surprising amount of data about their individual customers. The goal of this intense surveillance is to target shoppers with customized marketing, to convince them to shop more and spend more.

Issues covered:
Consumer Matters
Personal Privacy

Length: 8:29

Frances Newton, financial advisor, founder of Frances Insights

Ms. Newton said this is an excellent time of year for consumers to dig through credit card statements and bank receipts, and get their finances in order. She said getting organized will not only help a consumer to save money during the year, but it will also boost financial confidence.

Issues covered:
Personal Finance
Consumer Matters

Length: 4:58

Show # 2016-52

Date aired: 12/25 **Time Aired:** 5:00

Edward M. Hallowell, MD, Child and Adult Psychiatrist who specializes in ADD and ADHD, author of *"Driven to Distraction at Work: How to Focus and Be More Productive"*

Many people in the workplace feel increasingly overwhelmed by a mix of nonstop demands and rapidly changing technology. Dr. Hallowell discussed the underlying reasons why people lose their ability to focus at work. He said the most common distraction is caused by electronic screens of all kinds. He offered suggestions on how to sustain a productive mental state at work.

Issues covered:
Mental Health
Career

Length: 7:22

Jill Weisenberger MS, RDN, CDE, Nutrition, Culinary & Diabetes Expert, Registered Dietitian, Certified Diabetes Educator, author of *"The Overworked Person's Guide to Better Nutrition"*

Ms. Weisenberger offered practical steps to plan, cook and eat better for a healthier lifestyle. She explained why meal planning is so important and why an organized kitchen is critical in that process. She explained how to ease a family into a lower-sodium diet.

Issues covered:
Nutrition
Personal Health

Length: 7:44

Jacquelyn F. Gamino, PhD, Research Scientist and Assistant Research Professor at the Center for BrainHealth at the University of Texas at Dallas

Growing up poor can affect a child's behavior and school performance. Dr. Gamino led a study that determined that intervention programs can help bring low-income adolescents up to speed with their more affluent peers. She explained how cognitive intervention could easily be integrated into a normal school setting.

Issues covered:
Education
Poverty

Length: 4:51