

# Canyon Media Group ISSUES AND PROGRAMS 2nd Quarter 2016

## KZHK-city of license-St. George, UT

There follows a listing of some of the significant issues responded to by Station KZHK, St. George, Utah, along with the most significant programming treatment of those issues for the period April 1-June 30, 2016. The listing is by no mean exhaustive. The order in which the issues appear does not reflect any priority or significance.

Placed in the public file on June 7, 2016 by Carl Lamar,  
Exec VP

### The following programs and topics were aired as indicated:

Show # 2016-14

Date aired: 4-3-2016 Time Aired: 5:30 am

**Marie Jameson**, home and lifestyle columnist, author of *Downsizing The Family Home: What to Save, What to Let Go*

Nearly everyone eventually faces the difficult, emotional journey of downsizing an aging parents' home. She talked about the often unexpected emotions and challenges as people sort through a lifetime of possessions. She explained how to make wise decisions on what to keep, toss or sell, and why it is usually easiest if elder family members are involved, rather than leaving the task to their heirs after their death.

**Issues covered:**

**Senior Citizens  
Retirement Planning  
Mental Health**

**Length: 8:56**

**Tracey Helton Mitchell**, former heroin addict, author of *The Big Fix: Hope After Heroin*

Ms. Mitchell shared her story of addiction and recovery. She spent eight years on the streets of San Francisco as a heroin addict, then successfully quit and started life anew. She talked about the common misconceptions about heroin addiction, especially for women, and offered advice for those who are struggling with substance abuse.

**Issues covered:**

**Length: 8:23**

**Substance Abuse  
Women's Issues  
Government Policies**

**Arielle O'Shea**, investing staff writer at NerdWallet.com

It's no secret that Americans need to save more. Ms. O'Shea outlined a recent analysis by NerdWallet that found an alternative approach. She said a 25-year-old could accumulate nearly \$1 million by simply saving and investing 50% of all raises and bonuses over the course of his or her career. She explained why saving for the future is more critical than ever and why this approach may be easier than more traditional plans.

**Issues covered:**  
**Personal Finance**  
**Retirement Planning**

**Length: 4:54**

Show # 2016-15

**Date aired: 4-10-16 Time Aired: 5:30 am**

**Michelle A. Riklan**, employment and career expert, co-author of "*101 Great Ways to Compete in Today's Job Market*"

Mr. Riklan offered marketing ideas for people either looking for a job or hoping to move their careers forward. She explained the critical importance of social media in today's job market and offered tips to optimize a LinkedIn page. She said even people who are secure in their current jobs should be prepared to immediately take advantage of an opportunity at a better job.

**Issues covered:**  
**Employment Matters**  
**Career**

**Length: 8:49**

**Judy Foreman**, nationally syndicated health columnist, author of "*A Nation in Pain: Healing Our Biggest Health Problem*"

According to government statistics, 100 million American adults live in chronic pain. Ms. Foreman discussed the connection between chronic pain and prescription drug addiction. She said exercise is one of the most effective ways to deal with chronic pain. She also discussed reforms in government policies that could allow the healthcare system to better deal with the epidemic of chronic pain.

**Issues covered:**  
**Personal Health**  
**Drug Abuse**  
**Government Policies**

**Length: 8:30**

**Ciji Ware**, author of "*Rightsizing Your Life*"

Many Baby Boomers are beginning to think about the future and how many material possessions they really need. Ms. Ware believes that more isn't always better. She

offered ideas on how to make wise decisions in downsizing, in particular through recycling and donating unneeded items.

**Issues covered:**

**Length: 4:58**

**Charitable Contributions**  
**Recycling**  
**Consumer Issues**  
**Senior Issues**

Show # 2016-16

**Date aired: 4-17-16 Time Aired: 5:30 am**

**Robert Sholly**, domestic counterterrorism expert, retired army colonel who is experienced in both counter-terrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

**Issues covered:**

**Length: 9:07**

**Terrorism**  
**Personal Protection**  
**Emergency Preparedness**

**Shaka Senghor**, author of "Writing My Wrongs: Life, Death, and Redemption in an American Prison"

In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

**Issues covered:**

**Length: 7:59**

**Youth at Risk**  
**Crime**  
**Prison Reforms**  
**Minority Concerns**

**Monica Deza, PhD**, Assistant Professor of Economics in the School of Economic, Political and Policy Science at the University of Texas, Dallas

Dr. Deza led a study that found that teen driving curfews might do more than reduce car accidents. They also may prevent teens from committing crimes or becoming pregnant. She talked about the most common crimes committed by teens and why driving restrictions may make a difference.

**Issues covered:**

**Length: 5:07**

**Youth at Risk**  
**Crime**

Show # 2016-17

**Date aired: 4-24-16 Time Aired: 5:30 am**

**Steve Case**, entrepreneur, investor, and businessman best known as the co-founder and former Chief Executive Officer and Chairman of America Online, author of *"The Third Wave: An Entrepreneur's Vision of the Future"*

Mr. Case discussed the rapidly changing nature of the Internet. He believes we are entering a dynamic new period of online development, where every part of our lives will rely on Internet connectivity. He sees this new wave defined not by hardware or software but by partnerships—especially between business and government. He predicted that entrepreneurs will dramatically change the way institutions like healthcare, education, and agriculture integrate the Internet into our lives.

**Issues covered:**

**Length: 8:24**

**Internet**

**Employment**

**Government Regulations**

**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. She also offered suggestions for those who would like to make changes to their own lifestyle.

**Issues covered:**

**Length: 8:39**

**Personal Health**

**Obesity**

**Matt Schulz**, Senior Industry Analyst at CreditCards.com

Mr. Schulz said 30 million Americans received a new chip-enabled credit card over the past six months. Mr. Schulz explained the benefits of the new cards. He also talked about the most common complaints by consumers who use them.

**Issues covered:**

**Length: 5:06**

**Personal Finance**

**Consumer Matters**

Show # 2016-18

**Date aired: 5-1-16 Time Aired: 5:30 am**

**Steven Roberts**, college-funding expert, author of *"Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better"*

Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship

money and why a student's GPA isn't everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

**Issues covered:**

**Length: 8:38**

**Education**

**Consumer Matters**

**Parenting**

**Laura Adams**, Senior Insurance Analyst at insuranceQuotes.com

A traffic ticket can cause a driver's auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations, how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

**Issues covered:**

**Length: 8:35**

**Traffic Safety**

**Consumer Matters**

**Julia Cameron**, author of *"It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond"*

When someone retires, the newfound freedom can be quite exciting, but also daunting. Ms. Cameron explained how cultivating their creative selves can help seniors navigate this new terrain. She said that retirement can be the most rich, fulfilling and creative time of life.

She outlined several tools to get there.

**Issues covered:**

**Length: 4:57**

**Senior Citizens**

**Retirement Planning**

Show # 2016-19

**Date aired: 5-8-16 Time Aired: 5:30 am**

**Ric Edelman**, nationally-recognized financial advisor, syndicated columnist, author of *"The Truth About Retirement Plans and IRAs"*

Only half of all eligible Americans contribute to a retirement plan. Mr. Edelman explained how the average person can save for a comfortable retirement. He talked about the importance of 401(k)s, and IRAs. He also explained how to determine how much money a person may need in retirement, and the dangers of borrowing money from retirement funds.

**Issues covered:**  
**Personal Finance**  
**Retirement**  
**Senior Issues**

**Length: 8:31**

**James Hubbard, MD**, family physician, author of *"Living Ready Pocket Manual - First Aid: Fundamentals for Survival"*

Dr. Hubbard discussed basic skills that everyone should know in the event of a medical emergency, and basic first aid supplies that every home should have on hand. He outlined steps to stop serious bleeding and what to do in the event someone simply collapses. He also talked about the lifesaving value of automated external defibrillators, which are found in many public places.

**Issues covered:**  
**Emergency Preparedness**  
**Personal Health**

**Length: 8:44**

**Simon Davidoff**, Water Expert and Director, Food & Beverage Industry for Siemens Water Technologies

Mr. Davidoff talked about little-known ways that water is wasted by consumers each year, both directly and indirectly. He explained how businesses are changing their practices to reduce water consumption and what the average person can do to determine and reduce their personal "water footprint."

**Issues covered:**  
**Environment**  
**Consumer Matters**

**Length: 4:58**

Show # 2016-20

**Date aired: 5-15-16 Time Aired: 5:30 am**

**Martin Gibala, PhD**, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario

Dr. Gibala led a study that found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. He recommends the plan for occasionally busy days, not as a permanent substitute for longer and more moderate workouts. He said the findings put to rest the common excuse for not getting in shape: there is not enough time.

**Issues covered:**  
**Personal Health**

**Length: 8:52**

**Chris Melde, PhD**, Associate Professor and Director of Graduate Studies, School of Criminal Justice at Michigan State University

Dr. Melde was the co-author of a study of street gang membership. He found that depression and suicidal thoughts or attempts are common among youth who join gangs. He outlined the reasons that many troubled teens join gangs and why gang life causes already significant problems in their lives to become even worse.

**Issues covered:**  
**Youth at Risk**  
**Mental Health**  
**Crime**

**Length: 8:24**

**Matthias Hollwich**, internationally-recognized architect, author of "*New Aging: Live Smarter Now to Live Better Forever*"

Mr. Hollwich discussed ways that homes and communities can be redesigned to make aging a graceful and fulfilling aspect of life. He discussed changes to specific rooms, to help seniors stay safely in their homes for as long as possible.

**Issues covered:**  
**Home Safety**  
**Retirement Planning**  
**Senior Citizens**

**Length: 4:55**

Show # 2016-21

**Date aired: 5-22-16 Time Aired: 5:30 am**

**Bart de Langhe, PhD**, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder

Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe led a study that found that there is little correlation between better online user ratings and the quality of a product. He explained why consumer opinions often fail to agree with objective product research by consumer organizations.

**Issues covered:**  
**Consumer Matters**

**Length: 8:06**

**W. David Brown, PhD, DABSM, CBSM**, Sleep Psychologist at Children's Medical Center, Dallas, co-author of "*Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed*"

Many Americans believe that less sleep equals more productivity. But Dr. Brown said that sufficient sleep and success go hand in hand. He discussed the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance workplace performance.

**Issues covered:**  
Personal Health  
Career

**Length: 9:01**

