

Station Call Sign: KXRQ-FM
 Station Location: ROOSEVELT UT
 Quarter:1ST
 Year:2024

Quarterly Programs Responsive to Community Problems

Date	Duration	Program Title	Issues Addressed	Guests
1/7/24	20min	Electric Vehicles Consumer Matters	Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.	Steve Elek , Senior Automotive Data Analyst at Consumer Reports
1/7/24	10 min	Mental Health Telehealth Youth Issues	Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.	Mariah M. Kalmin, PhD , epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization
1/14/24	30min	Alcoholism	Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the	Annie Grace , recovering alcoholic, author of " <i>This Naked Mind</i> ," founder of the This Naked Mind community



			natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.	
1/14/24	10 min	Personal Health Environment	The Red Cross announced this week that they are experiencing an emergency blood shortage, with blood inventory at critically low levels. Dr. Gehrie explained the reasons behind the current shortage and how listeners to sign up to make a blood donation.	ric Gehrie, MD , Executive Medical Director of the American Red Cross
1/21/24	20 min	Property Taxes Inflation Home Ownership	More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.	Jared Walczak , Vice President of State Projects, Tax Foundation
1/24/24	10 min	Personal Health Nutrition	When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.	Satchin Panda, PhD , Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies
1/24/24	20 min	Homelessness Veterans' Concerns Domestic Violence	Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets, especially those with children. She said her organization has helped more than 5,000 women veterans who are homeless or in domestic violence situations.	Jas Booth , veteran, Founder of Final Salute, Inc, a non-profit organization that assists female veterans and their children who are struggling with homelessness
1/28/24	20 min	Digital Currencies Personal Finance	Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. explained how today's marijuana and THC products are drastically different than that of years ago. need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.	Laura Stack , founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana



1/28/24	10 min	Personal Health	Hitting the gym at night won't keep you tossing and turning all night, contrary to popular belief. Ms. Larsen led a recent study that found that evening high-intensity cycling didn't ruin sleep and may even reduce appetite. She said study participants also seemed to have more energy when exercise occurred later in the day, which could also debunk the belief that working out first thing in the morning is the optimal time.	Penelope Larsen , researcher and PhD candidate in the School of Exercise Science, Sport & Health at Charles Sturt University, Bathurst, New South Wales, Australia
2/4/24	15 min	Manufacturing Economy Government	The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.	Rachel Slade , author of <i>"Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)"</i>
2/4/24	15 min	Personal Health Science	Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.	Gary Taubes , journalist, author of <i>"Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments"</i>
2/11/24	30 min	Personal Finance Artificial Intelligence	Mr. Royal explained why Chat GPT and other artificial intelligences are very useful tools for financial planning and management. He outlined benefits and drawbacks of using AI for various tasks, like paying down debt, saving money, building a budget, and investing in the stock market. He noted that that the key to using AI effectively is to ask the right questions and to understand how the AI's recommendations fit one's own financial goals and circumstances.	James Royal , analyst at Bankrate.com



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2/18/24	20min	Mental Health Child Abuse	Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices that can pass down strength instead of pain, thereby breaking the cycle.	Marisel Buqué, PhD , psychologist, author of <i>“Break the Cycle: A Guide to Healing Intergenerational Trauma”</i>
2/18/24	15 min	Personal Health Longevity	Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.	Greg Hammer, PhD , recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of <i>“GAIN Without Pain”</i>
2/25/24	30 min	Child Abuse & Neglect Alcohol Abuse Foster Care	Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program’s purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.	Bridget Freisthler, PhD , Professor in the College of Social Work at Ohio State University
3/3/24	15 min	Government Assistance Disabilities Rural Concerns Aging	Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.	Megan Henly, PhD , Research Assistant Professor in the Institute on Disability at the University of New Hampshire
3/3/24	15 min	Personal Health Education	Formal education typically occurs in early life, and yet it appears to influence cardiovascular health for decades, according to a study led by Dr. Magnani. He	Jared W. Magnani, MD , cardiologist at the University of Pittsburgh Medical Center,



			found that that on average, cardiovascular disease strikes later in life for individuals with progressively higher education levels. He discussed results of his study and the potential reasons behind them.	Associate Professor of Medicine at the University of Pittsburgh
3/10/24	30 min	Mental Health Personal Health	.r. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.	Jeremy Nobel, MD, MPH , founder of the nonprofit Foundation for Art & Healing, author of <i>“Project UnLonely: Healing Our Crisis of Disconnection”</i>
3/17/24	20 min	Mental Health Personal Health	Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but it is now often termed anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.	Elizabeth Comen, MD , Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of <i>“All in Her Head: The Truth and Lies Early Medicine Taught Us About Women's Bodies and Why It Matters Today”</i>
3/17/24	15 min	Home Safety Government Regulation Consumer Matters	Dr. Bonne led a study of injuries caused by glass-topped tables. She said the furniture causes thousands of injuries each year, many requiring significant surgeries and long hospital stays. She said the U.S. Consumer Product Safety Commission requires tempered glass for products like doors and car windshields but it is voluntary for horizontal surfaces.	Stephanie L. Bonne, MD , Assistant Professor of Surgery, Director of the Hospital Violence Intervention Program at Rutgers New Jersey Medical School
3/24/24	30 min	Food Safety Personal Health Consumer Matters	Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.	James E. Rogers, PhD , Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports





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1/1/09	20min	Sample Title	Issues Addressed	Guest 1, Guest2



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