

FCC Quarterly Report

Period Ending: 06/30/19

For Radio Station

WQRS-FM

**231 North Union St
Olean, NY 14760**

Sound Communications LLC

WQRS-FM

Notes of Interest:

06/03/19 - Interview with the head of the “Kinship” Program regarding their work with children who live with Grandparents, Aunt and Uncle’s, or any other “Unconventional” Home Setting (5 Minutes).

04/25/19 - Jamie Evans and Frank Acomb represented the stations at the Regional Job Fair at Corning Community College.

05/01/19 -The Stations were represented by Jamie Evans and Bill Timberlake at the 2019 JCC Job Fair at the JCC Olean campus

06/03/19 - Participated in a Station tour for the kids from the Kinship Program.

Frank Acomb represents the stations on the Salvation Army of Corning Board

Public Service Announcements:

Average number of PSAs played per day -70

Average number of minutes per day during reporting period - 53

Cart's of PSAs Rotate evenly

CART #	Description	Length	Started	End	KRT
PSA-01	Veterans Crisis Line	30	1/23/2019		
PSA-02	Ovarian Cancer - Not On My Watch	30	1/23/2019		
PSA-03	Wisdom Teeth	30	1/23/2019		
PSA-04	Childhood Hunger Prevention	30	1/23/2019		5
PSA-05	Dept of Veterans Affairs	30	1/23/2019		
PSA-06	National Pest Management	30	1/23/2019		
PSA-07	Feeding America	30	1/23/2019		
PSA-08	Oral Cancer	30	1/23/2019		
PSA-09	Discovering Nature	30	1/23/2019		5
PSA-10	AI-ANON	30	1/23/2019		2
PSA-11	Selective Service	30	1/23/2019		6
PSA-12	Dept of Veterans Affairs - Pledge	30	1/23/2019		
PSA-13	Recycling	30	1/23/2019		
PSA-14	DAV	30	1/23/2019		3
PSA-15	Air Force Reserve	30	1/23/2019		2
PSA-16	Shelter Pet Adoption	30	1/23/2019		
PSA-17	Autism Awareness	30	1/23/2019		
PSA-18	Emergency Preparedness	30	1/23/19		
PSA-19	Child Passenger Safety	30	01/23/19		
PSA-20	Saving For Retirement	30	01/23/19		2
PSA-21	Wildfire Prevention	30	1/23/2019		
PSA-22	Caregiver Assistance	30	1/23/2019		4
PSA-23	United Way	30	1/23/2019		3
PSA-24	Fatherhood Involvement	30	1/23/2019		4
PSA-25	Job Training & Employment	60	1/23/2019		7
PSA-26	Keep America Beautiful	60	1/23/2019		
PSA-27	Smart About Money	60	1/23/2019		2
PSA-28	Foster Granparents	60	1/23/2019		
PSA-29	High School Equivalency	60	1/23/2019		4
PSA-30	Reducing Food Waste	60	1/23/2019		
PSA-31	Pathways to Employment	60	1/23/2019		
PSA-32	Paralyzed Vetrans of America	60	1/23/2019		2
PSA-33	Meals on Wheels	60	1/23/2019		
PSA-34	Adoption from Foster Care	60	1/23/2019		
PSA-35	Learning & Attention Issues	60	1/23/2019		
PSA-36	Dept of Vetrans Affairs - Women	60	1/23/2019		
PSA-37	Vet Tix	60	1/23/2019		
PSA-38	Sleep Apnea	60	1/23/2019		
PSA-39	National Rosacea Society	60	1/23/2019		
PSA-40	Dept of Veterans Affairs	60	1/23/2019		
PSA-41	Pray America	60	3/7/2013		2

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/01/2019	12:00:30AM	60
WQRS-FM	04/01/2019	12:00:30AM	60
WQRS-FM	04/01/2019	12:01:30AM	30
WQRS-FM	04/01/2019	12:01:30AM	30
WQRS-FM	04/01/2019	1:50:00AM	30
WQRS-FM	04/01/2019	1:50:00AM	30
WQRS-FM	04/01/2019	1:50:30AM	60
WQRS-FM	04/01/2019	1:50:30AM	60
WQRS-FM	04/01/2019	1:51:30AM	30
WQRS-FM	04/01/2019	1:51:30AM	30
WQRS-FM	04/01/2019	2:50:30AM	30
WQRS-FM	04/01/2019	2:50:30AM	30
WQRS-FM	04/01/2019	2:51:00AM	30
WQRS-FM	04/01/2019	2:51:00AM	30
WQRS-FM	04/01/2019	2:51:30AM	30
WQRS-FM	04/01/2019	2:51:30AM	30
WQRS-FM	04/01/2019	3:51:00AM	30
WQRS-FM	04/01/2019	3:51:00AM	30
WQRS-FM	04/01/2019	3:51:30AM	60
WQRS-FM	04/01/2019	3:51:30AM	60
WQRS-FM	04/01/2019	3:52:30AM	30
WQRS-FM	04/01/2019	3:52:30AM	30
WQRS-FM	04/01/2019	4:51:00AM	30
WQRS-FM	04/01/2019	4:51:00AM	30
WQRS-FM	04/01/2019	4:51:30AM	60
WQRS-FM	04/01/2019	4:51:30AM	60
WQRS-FM	04/01/2019	4:52:30AM	30
WQRS-FM	04/01/2019	4:52:30AM	30
WQRS-FM	04/01/2019	5:50:30AM	60
WQRS-FM	04/01/2019	5:50:30AM	60
WQRS-FM	04/01/2019	5:51:30AM	30
WQRS-FM	04/01/2019	5:51:30AM	30
WQRS-FM	04/01/2019	7:18:00PM	60
WQRS-FM	04/01/2019	7:18:00PM	60
WQRS-FM	04/01/2019	7:34:30PM	60
WQRS-FM	04/01/2019	7:34:30PM	60
WQRS-FM	04/01/2019	7:35:30PM	30
WQRS-FM	04/01/2019	7:35:30PM	30
WQRS-FM	04/01/2019	7:57:00PM	30
WQRS-FM	04/01/2019	7:57:00PM	30
WQRS-FM	04/01/2019	7:57:30PM	60
WQRS-FM	04/01/2019	7:57:30PM	60
WQRS-FM	04/01/2019	8:17:30PM	60
WQRS-FM	04/01/2019	8:17:30PM	60

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/01/2019	8:18:30PM	30
WQRS-FM	04/01/2019	8:18:30PM	30
WQRS-FM	04/01/2019	8:35:00PM	60
WQRS-FM	04/01/2019	8:35:00PM	60
WQRS-FM	04/01/2019	8:56:00PM	60
WQRS-FM	04/01/2019	8:56:00PM	60
WQRS-FM	04/01/2019	8:57:00PM	60
WQRS-FM	04/01/2019	8:57:00PM	60
WQRS-FM	04/01/2019	9:18:00PM	60
WQRS-FM	04/01/2019	9:18:00PM	60
WQRS-FM	04/01/2019	9:34:30PM	60
WQRS-FM	04/01/2019	9:34:30PM	60
WQRS-FM	04/01/2019	9:35:30PM	30
WQRS-FM	04/01/2019	9:35:30PM	30
WQRS-FM	04/01/2019	9:56:00PM	60
WQRS-FM	04/01/2019	9:56:00PM	60
WQRS-FM	04/01/2019	9:57:30PM	60
WQRS-FM	04/01/2019	9:57:30PM	60
WQRS-FM	04/01/2019	10:17:30PM	60
WQRS-FM	04/01/2019	10:17:30PM	60
WQRS-FM	04/01/2019	10:18:30PM	30
WQRS-FM	04/01/2019	10:18:30PM	30
WQRS-FM	04/01/2019	10:35:00PM	60
WQRS-FM	04/01/2019	10:35:00PM	60
WQRS-FM	04/01/2019	10:56:00PM	60
WQRS-FM	04/01/2019	10:56:00PM	60
WQRS-FM	04/01/2019	10:57:30PM	60
WQRS-FM	04/01/2019	10:57:30PM	60
WQRS-FM	04/01/2019	11:18:00PM	60
WQRS-FM	04/01/2019	11:18:00PM	60
WQRS-FM	04/01/2019	11:34:30PM	60
WQRS-FM	04/01/2019	11:34:30PM	60
WQRS-FM	04/01/2019	11:35:30PM	30
WQRS-FM	04/01/2019	11:35:30PM	30
WQRS-FM	04/01/2019	11:56:00PM	60
WQRS-FM	04/01/2019	11:56:00PM	60
WQRS-FM	04/01/2019	11:57:30PM	60
WQRS-FM	04/01/2019	11:57:30PM	60
WQRS-FM	04/02/2019	12:01:00AM	60
WQRS-FM	04/02/2019	12:01:00AM	60
WQRS-FM	04/02/2019	12:02:00AM	30
WQRS-FM	04/02/2019	12:02:00AM	30
WQRS-FM	04/02/2019	12:02:30AM	30
WQRS-FM	04/02/2019	12:02:30AM	30

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/02/2019	1:51:30AM	60
WQRS-FM	04/02/2019	1:51:30AM	60
WQRS-FM	04/02/2019	1:52:30AM	30
WQRS-FM	04/02/2019	1:52:30AM	30
WQRS-FM	04/02/2019	2:51:30AM	60
WQRS-FM	04/02/2019	2:51:30AM	60
WQRS-FM	04/02/2019	2:52:30AM	30
WQRS-FM	04/02/2019	2:52:30AM	30
WQRS-FM	04/02/2019	3:51:30AM	60
WQRS-FM	04/02/2019	3:51:30AM	60
WQRS-FM	04/02/2019	3:52:30AM	30
WQRS-FM	04/02/2019	3:52:30AM	30
WQRS-FM	04/02/2019	4:51:00AM	60
WQRS-FM	04/02/2019	4:51:00AM	60
WQRS-FM	04/02/2019	4:52:00AM	30
WQRS-FM	04/02/2019	4:52:00AM	30
WQRS-FM	04/02/2019	4:52:30AM	30
WQRS-FM	04/02/2019	4:52:30AM	30
WQRS-FM	04/02/2019	5:51:30AM	60
WQRS-FM	04/02/2019	5:51:30AM	60
WQRS-FM	04/02/2019	5:52:30AM	30
WQRS-FM	04/02/2019	5:52:30AM	30
WQRS-FM	04/02/2019	10:17:30PM	60
WQRS-FM	04/02/2019	10:17:30PM	60
WQRS-FM	04/02/2019	10:18:30PM	30
WQRS-FM	04/02/2019	10:18:30PM	30
WQRS-FM	04/02/2019	10:35:00PM	60
WQRS-FM	04/02/2019	10:35:00PM	60
WQRS-FM	04/02/2019	10:56:00PM	60
WQRS-FM	04/02/2019	10:56:00PM	60
WQRS-FM	04/02/2019	10:57:30PM	60
WQRS-FM	04/02/2019	10:57:30PM	60
WQRS-FM	04/02/2019	11:17:30PM	60
WQRS-FM	04/02/2019	11:17:30PM	60
WQRS-FM	04/02/2019	11:18:30PM	30
WQRS-FM	04/02/2019	11:18:30PM	30
WQRS-FM	04/02/2019	11:34:30PM	60
WQRS-FM	04/02/2019	11:34:30PM	60
WQRS-FM	04/02/2019	11:35:30PM	30
WQRS-FM	04/02/2019	11:35:30PM	30
WQRS-FM	04/02/2019	11:56:30PM	60
WQRS-FM	04/02/2019	11:56:30PM	60
WQRS-FM	04/02/2019	11:57:30PM	60
WQRS-FM	04/02/2019	11:57:30PM	60

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/03/2019	12:01:30AM	60
WQRS-FM	04/03/2019	12:01:30AM	60
WQRS-FM	04/03/2019	12:02:30AM	30
WQRS-FM	04/03/2019	12:02:30AM	30
WQRS-FM	04/03/2019	1:51:00AM	60
WQRS-FM	04/03/2019	1:51:00AM	60
WQRS-FM	04/03/2019	1:52:00AM	30
WQRS-FM	04/03/2019	1:52:00AM	30
WQRS-FM	04/03/2019	1:52:30AM	30
WQRS-FM	04/03/2019	1:52:30AM	30
WQRS-FM	04/03/2019	2:51:30AM	30
WQRS-FM	04/03/2019	2:51:30AM	30
WQRS-FM	04/03/2019	2:52:00AM	60
WQRS-FM	04/03/2019	2:52:00AM	60
WQRS-FM	04/03/2019	3:51:00AM	60
WQRS-FM	04/03/2019	3:51:00AM	60
WQRS-FM	04/03/2019	3:52:00AM	30
WQRS-FM	04/03/2019	3:52:00AM	30
WQRS-FM	04/03/2019	3:52:30AM	30
WQRS-FM	04/03/2019	3:52:30AM	30
WQRS-FM	04/03/2019	4:51:30AM	60
WQRS-FM	04/03/2019	4:51:30AM	60
WQRS-FM	04/03/2019	4:52:30AM	30
WQRS-FM	04/03/2019	4:52:30AM	30
WQRS-FM	04/03/2019	5:51:00AM	30
WQRS-FM	04/03/2019	5:51:00AM	30
WQRS-FM	04/03/2019	5:51:30AM	30
WQRS-FM	04/03/2019	5:51:30AM	30
WQRS-FM	04/03/2019	5:52:00AM	60
WQRS-FM	04/03/2019	5:52:00AM	60
WQRS-FM	04/03/2019	7:17:30PM	60
WQRS-FM	04/03/2019	7:17:30PM	60
WQRS-FM	04/03/2019	7:18:30PM	30
WQRS-FM	04/03/2019	7:18:30PM	30
WQRS-FM	04/03/2019	7:34:30PM	60
WQRS-FM	04/03/2019	7:34:30PM	60
WQRS-FM	04/03/2019	7:35:30PM	30
WQRS-FM	04/03/2019	7:35:30PM	30
WQRS-FM	04/03/2019	7:57:30PM	60
WQRS-FM	04/03/2019	7:57:30PM	60
WQRS-FM	04/03/2019	7:58:30PM	30
WQRS-FM	04/03/2019	7:58:30PM	30
WQRS-FM	04/03/2019	8:17:30PM	60
WQRS-FM	04/03/2019	8:17:30PM	60

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/03/2019	8:18:30PM	30
WQRS-FM	04/03/2019	8:18:30PM	30
WQRS-FM	04/03/2019	8:34:30PM	60
WQRS-FM	04/03/2019	8:34:30PM	60
WQRS-FM	04/03/2019	8:35:30PM	30
WQRS-FM	04/03/2019	8:35:30PM	30
WQRS-FM	04/03/2019	8:56:00PM	30
WQRS-FM	04/03/2019	8:56:00PM	30
WQRS-FM	04/03/2019	8:57:30PM	60
WQRS-FM	04/03/2019	8:57:30PM	60
WQRS-FM	04/03/2019	9:17:30PM	60
WQRS-FM	04/03/2019	9:17:30PM	60
WQRS-FM	04/03/2019	9:18:30PM	30
WQRS-FM	04/03/2019	9:18:30PM	30
WQRS-FM	04/03/2019	9:34:30PM	60
WQRS-FM	04/03/2019	9:34:30PM	60
WQRS-FM	04/03/2019	9:35:30PM	30
WQRS-FM	04/03/2019	9:35:30PM	30
WQRS-FM	04/03/2019	9:56:00PM	30
WQRS-FM	04/03/2019	9:56:00PM	30
WQRS-FM	04/03/2019	9:57:30PM	60
WQRS-FM	04/03/2019	9:57:30PM	60
WQRS-FM	04/03/2019	10:17:30PM	60
WQRS-FM	04/03/2019	10:17:30PM	60
WQRS-FM	04/03/2019	10:18:30PM	30
WQRS-FM	04/03/2019	10:18:30PM	30
WQRS-FM	04/03/2019	10:34:30PM	60
WQRS-FM	04/03/2019	10:34:30PM	60
WQRS-FM	04/03/2019	10:35:30PM	30
WQRS-FM	04/03/2019	10:35:30PM	30
WQRS-FM	04/03/2019	10:56:00PM	30
WQRS-FM	04/03/2019	10:56:00PM	30
WQRS-FM	04/03/2019	10:57:30PM	60
WQRS-FM	04/03/2019	10:57:30PM	60
WQRS-FM	04/03/2019	11:18:00PM	60
WQRS-FM	04/03/2019	11:18:00PM	60
WQRS-FM	04/03/2019	11:34:30PM	60
WQRS-FM	04/03/2019	11:34:30PM	60
WQRS-FM	04/03/2019	11:35:30PM	30
WQRS-FM	04/03/2019	11:35:30PM	30
WQRS-FM	04/03/2019	11:56:30PM	60
WQRS-FM	04/03/2019	11:56:30PM	60
WQRS-FM	04/03/2019	11:57:30PM	60
WQRS-FM	04/03/2019	11:57:30PM	60

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/03/2019	11:58:30PM	30
WQRS-FM	04/03/2019	11:58:30PM	30
WQRS-FM	04/04/2019	12:01:30AM	30
WQRS-FM	04/04/2019	12:01:30AM	30
WQRS-FM	04/04/2019	12:02:00AM	60
WQRS-FM	04/04/2019	12:02:00AM	60
WQRS-FM	04/04/2019	1:51:00AM	30
WQRS-FM	04/04/2019	1:51:00AM	30
WQRS-FM	04/04/2019	1:51:30AM	60
WQRS-FM	04/04/2019	1:51:30AM	60
WQRS-FM	04/04/2019	1:52:30AM	30
WQRS-FM	04/04/2019	1:52:30AM	30
WQRS-FM	04/04/2019	2:51:30AM	60
WQRS-FM	04/04/2019	2:51:30AM	60
WQRS-FM	04/04/2019	2:52:30AM	30
WQRS-FM	04/04/2019	2:52:30AM	30
WQRS-FM	04/04/2019	3:51:00AM	60
WQRS-FM	04/04/2019	3:51:00AM	60
WQRS-FM	04/04/2019	3:52:00AM	30
WQRS-FM	04/04/2019	3:52:00AM	30
WQRS-FM	04/04/2019	3:52:30AM	30
WQRS-FM	04/04/2019	3:52:30AM	30
WQRS-FM	04/04/2019	4:51:00AM	60
WQRS-FM	04/04/2019	4:51:00AM	60
WQRS-FM	04/04/2019	4:52:00AM	30
WQRS-FM	04/04/2019	4:52:00AM	30
WQRS-FM	04/04/2019	4:52:30AM	30
WQRS-FM	04/04/2019	4:52:30AM	30
WQRS-FM	04/04/2019	5:51:00AM	60
WQRS-FM	04/04/2019	5:51:00AM	60
WQRS-FM	04/04/2019	5:52:00AM	30
WQRS-FM	04/04/2019	5:52:00AM	30
WQRS-FM	04/04/2019	5:52:30AM	30
WQRS-FM	04/04/2019	5:52:30AM	30
WQRS-FM	04/04/2019	10:18:30PM	30
WQRS-FM	04/04/2019	10:18:30PM	30
WQRS-FM	04/04/2019	10:35:00PM	60
WQRS-FM	04/04/2019	10:35:00PM	60
WQRS-FM	04/04/2019	10:56:00PM	30
WQRS-FM	04/04/2019	10:56:00PM	30
WQRS-FM	04/04/2019	10:57:30PM	60
WQRS-FM	04/04/2019	10:57:30PM	60
WQRS-FM	04/04/2019	11:18:00PM	60
WQRS-FM	04/04/2019	11:18:00PM	60

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/04/2019	11:35:30PM	30
WQRS-FM	04/04/2019	11:35:30PM	30
WQRS-FM	04/04/2019	11:56:00PM	60
WQRS-FM	04/04/2019	11:56:00PM	60
WQRS-FM	04/05/2019	12:01:30AM	30
WQRS-FM	04/05/2019	12:01:30AM	30
WQRS-FM	04/05/2019	12:02:00AM	60
WQRS-FM	04/05/2019	12:02:00AM	60
WQRS-FM	04/05/2019	1:51:00AM	30
WQRS-FM	04/05/2019	1:51:00AM	30
WQRS-FM	04/05/2019	1:51:30AM	60
WQRS-FM	04/05/2019	1:51:30AM	60
WQRS-FM	04/05/2019	1:52:30AM	30
WQRS-FM	04/05/2019	1:52:30AM	30
WQRS-FM	04/05/2019	2:51:30AM	60
WQRS-FM	04/05/2019	2:51:30AM	60
WQRS-FM	04/05/2019	2:52:30AM	30
WQRS-FM	04/05/2019	2:52:30AM	30
WQRS-FM	04/05/2019	3:51:30AM	60
WQRS-FM	04/05/2019	3:51:30AM	60
WQRS-FM	04/05/2019	3:52:30AM	30
WQRS-FM	04/05/2019	3:52:30AM	30
WQRS-FM	04/05/2019	4:51:00AM	60
WQRS-FM	04/05/2019	4:51:00AM	60
WQRS-FM	04/05/2019	4:52:00AM	30
WQRS-FM	04/05/2019	4:52:00AM	30
WQRS-FM	04/05/2019	4:52:30AM	30
WQRS-FM	04/05/2019	4:52:30AM	30
WQRS-FM	04/05/2019	5:51:30AM	60
WQRS-FM	04/05/2019	5:51:30AM	60
WQRS-FM	04/05/2019	5:52:30AM	30
WQRS-FM	04/05/2019	5:52:30AM	30
WQRS-FM	04/05/2019	7:17:30PM	60
WQRS-FM	04/05/2019	7:17:30PM	60
WQRS-FM	04/05/2019	7:18:30PM	30
WQRS-FM	04/05/2019	7:18:30PM	30
WQRS-FM	04/05/2019	7:35:00PM	60
WQRS-FM	04/05/2019	7:35:00PM	60
WQRS-FM	04/05/2019	7:56:30PM	60
WQRS-FM	04/05/2019	7:56:30PM	60
WQRS-FM	04/05/2019	7:57:30PM	60
WQRS-FM	04/05/2019	7:57:30PM	60
WQRS-FM	04/05/2019	8:18:00PM	60
WQRS-FM	04/05/2019	8:18:00PM	60

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/05/2019	8:35:00PM	60
WQRS-FM	04/05/2019	8:35:00PM	60
WQRS-FM	04/05/2019	8:56:00PM	30
WQRS-FM	04/05/2019	8:56:00PM	30
WQRS-FM	04/05/2019	8:56:30PM	60
WQRS-FM	04/05/2019	8:56:30PM	60
WQRS-FM	04/05/2019	8:57:30PM	60
WQRS-FM	04/05/2019	8:57:30PM	60
WQRS-FM	04/05/2019	9:18:00PM	60
WQRS-FM	04/05/2019	9:18:00PM	60
WQRS-FM	04/05/2019	9:34:30PM	60
WQRS-FM	04/05/2019	9:34:30PM	60
WQRS-FM	04/05/2019	9:35:30PM	30
WQRS-FM	04/05/2019	9:35:30PM	30
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WQRS-FM	04/05/2019	9:57:30PM	60
WQRS-FM	04/05/2019	9:57:30PM	60
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WQRS-FM	04/05/2019	10:18:30PM	30
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WQRS-FM	04/05/2019	11:57:30PM	60
WQRS-FM	04/05/2019	11:57:30PM	60

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/06/2019	12:51:30AM	60
WQRS-FM	04/06/2019	12:51:30AM	60
WQRS-FM	04/06/2019	12:52:30AM	30
WQRS-FM	04/06/2019	12:52:30AM	30
WQRS-FM	04/06/2019	1:51:30AM	60
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WQRS-FM	04/06/2019	1:52:30AM	30
WQRS-FM	04/06/2019	1:52:30AM	30
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WQRS-FM	04/06/2019	2:51:00AM	60
WQRS-FM	04/06/2019	2:52:00AM	30
WQRS-FM	04/06/2019	2:52:00AM	30
WQRS-FM	04/06/2019	2:52:30AM	30
WQRS-FM	04/06/2019	2:52:30AM	30
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WQRS-FM	04/06/2019	3:52:30AM	30
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WQRS-FM	04/07/2019	2:51:00AM	60
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WQRS-FM	04/07/2019	2:52:00AM	30
WQRS-FM	04/07/2019	2:52:00AM	30

PSA Promo

WQRS-FM

Report by Spot Date From 04/01/19 To 04/07/19

As of Monday, Jul 8 2019

Station	Date	Air Time	Len
WQRS-FM	04/07/2019	2:52:30AM	30
WQRS-FM	04/07/2019	2:52:30AM	30
WQRS-FM	04/07/2019	3:51:00AM	60
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WQRS-FM	04/07/2019	3:52:00AM	30
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WQRS-FM	04/07/2019	5:52:00AM	30
WQRS-FM	04/07/2019	5:52:00AM	30
WQRS-FM	04/07/2019	5:52:30AM	30
WQRS-FM	04/07/2019	5:52:30AM	30

The station has aired the following programming in order to serve the public interest. Please refer to attachments.

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Home » TalkZone Talk Channel » InfoTrak » Breaking The Bamboo Ceiling

talk@zone TALK CHANNEL

April 06, 2019

Breaking the Bamboo Ceiling

SHARE



Recent data shows that while many Asian American excel in academics, they are no more likely to end up in top management or professional careers. One factor: The so-called bamboo ceiling. Then, what leads to binge drinking among young people? An expert says it may be the need for social acceptance.

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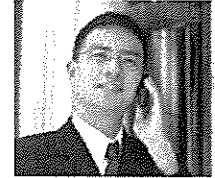
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- Crime And Reason
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- Heaven Sent And Bent
- Here's Theresa!
- JANDS Presents NDE Radio
- InfoTrak
- Let's Talk: With Emma
- Mayo Clinic Radio
- Percival's Place
- Put It All On The Table Through Mediation
- Relationship Straight Talk
- The Conspiracy Show
- The Dave Baum Show
- The Hydn Rousseau Show
- The Jolyn Thomas Show
- The Pain-Free Zone

Episode Segments:

Breaking the Bamboo Ceiling

Van C. Tran, PhD, Associate Professor of Sociology Columbia University, was the co-author of a study that found that although Asian Americans graduate from universities at far higher rates than white Americans, they still are no more likely to hold professional or managerial jobs. He discussed the additional barriers and discrimination that Asian Americans face when trying to climb the career ladder, a phenomenon known as the "bamboo ceiling."



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College Binge Drinking

Nancy Rhodes, PhD, Associate Professor in the Department of Advertising and Public Relations at Michigan State University examined underage and binge drinking at colleges and found that peer approval is the primary reason that students do it. She said students don't want to admit they're influenced by friends, but the reality is they are seeking social acceptance. She offered advice to concerned parents.



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Indoor Air Pollution

Cooking, cleaning and other routine household activities generate significant levels of volatile and particulate chemicals inside the average home, leading to indoor air quality levels on par with a polluted major city, according to research from Marina Vance, PhD, Assistant Professor of Mechanical Engineering at the University of Colorado Boulder She said that most homes are not properly ventilated and that gas stoves cause more indoor air pollution than electric ones.



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Guest(s) Appearing on this Episode

Van C. Tran

Van C. Tran is a sociologist whose research and writing broadly focus on the incorporation of Asian and Latino immigrants and their children, as well as its implications for American culture, politics and society.

Tran's research adopts a multi-disciplinary and multi-methods approach to the study of immigrant and urban life. Specifically, his research contributes to three scholarly debates: the integration of the post-1965 immigrant second generation, neighborhood gentrification and urban inequality, and hyper-selectivity and racial mobility.

As an immigration scholar and urban sociologist, Tran's research and teaching to date are deeply intertwined with the vibrancy and diversity of New York City. He follows a long tradition of scholars who engage with the city as a social laboratory for original research that seeks to inform urban policy.

[Learn more about Dr. Tran](#)

Nancy Rhodes

Dr. Nancy Rhodes comes to Michigan State University from the School of Communication at the Ohio State University. Her research interests are broadly focused on persuasion and social influence – particularly how they affect health and safety behaviors. She has published work on the effects of attitudes and norms on cigarette smoking and risky driving behavior, and has ongoing projects in these domains. Her work has recently focused on how normative influences contribute to substance use, and on how norms might contribute to resistance toward health-related messages. Dr. Rhodes was trained as a Social Psychologist at Texas A&M, earning her Ph.D. in 1991. She worked pharmaceutical marketing research and other applied contexts for a number of years before returning to academia full time. Her work has appeared in journals such as Communication Research, Communication Monographs and Media Psychology, as well as in specialty health and safety journals.

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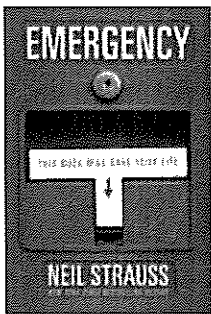
Home » TalkZone Talk Channel » InfoTrak » Being Prepared If Terror Strikes

talk@zone TALK CHANNEL

April 13, 2019

Being Prepared if Terror Strikes

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With stories about terrorism in the news, its natural to wonder how you would respond to an attack close to home. We'll hear from a domestic counter terrorism expert. Then, an inspirational story of redemption from a former prison inmate who turned his life around and now mentors young people.

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Episode Segments:

Being Prepared if Terror Strikes

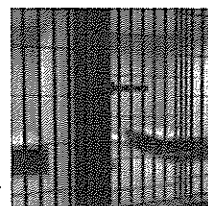
Robert Sholly is a domestic counterterrorism expert, retired army colonel who is experienced in both counter-terrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988. Col. Sholly said while we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



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Writing My Wrongs

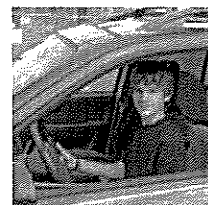
Shaka Senghor is author of "Writing My Wrongs: Life, Death, and Redemption in an American Prison. In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up 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.



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Teens, Driving and Cerfews

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



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talk@zone TALK CHANNEL

April 20, 2019

The Recycling Crisis

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Every wondered what happens to the stuff that you toss in the recycling bin? For decades, America's recyclable waste was processed in China. But now, the Asian giant refuses to accept most US recyclables. Then, recent research shows that kids that participate in team sports may have greater brain development, and lower rates of depression.

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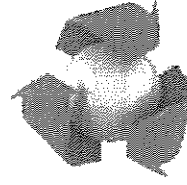
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Episode Segments:

The End of Recycling as We Know It

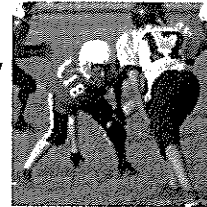
For nearly three decades, recyclable materials from the US were shipped cheaply to China for processing. However, in the past year, China has stopped accepting virtually all of it. **Kate O'Neill, PhD**, Associate Professor in the Department of Environmental Science, Policy and Management at University of California Berkeley said as a result, local governments and the recycling industry are now facing an unprecedented recycling crisis, especially in plastics. She estimated that, at least for now, nearly 100% of recyclable materials are going into landfills. She discussed the steps that the waste industry is taking to try to fix the problem.



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The Benefits of Teen Sports

Deanna Barch, PhD, Professor of Psychology; Professor of Radiology, chair of the Department of Psychological & Brain Sciences in Arts & Sciences and the Gregory B. Couch Professor of Psychiatry at Washington University School of Medicine in St. Louis was the senior author of a study that linked participation in team sports to larger hippocampal volumes in children and less depression in boys ages 9 to 11. The hippocampus is a brain region that plays an important role in memory and how we respond to stress. She said the evidence was particularly strong for children participating in sports that involved structure, such as a school team, a non-school league or regular lessons, as compared to more informal engagement in sports.



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Bank Account Sign Up Bonuses

Banks are paying customers to open savings and checking accounts. **Arielle O'Shea**, investing and retirement specialist from **Nerdwallet.com** said bank account sign-up bonuses may not be as widespread as credit card perks, but they can be lucrative. She outlined some of the fine print consumers need to be aware of before accepting a bonus offer.



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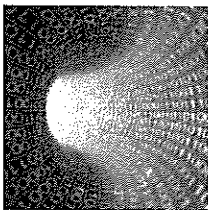
Home » TalkZone Talk Channel » InfoTrak » How Algorithms Are Shaping Our Lives

talk@zone TALK CHANNEL

April 27, 2019

How Algorithms Are Shaping Our Lives

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In today's high-tech world, algorithms are shaping our decisions on a daily basis. But are there risks in giving artificial intelligence so much control over our lives? Then, a leading psychology expert says that bias occurs naturally in everyone. In come in to play even when we try treating others equally.

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Episode Segments:

A Human's Guide to Machine Intelligence

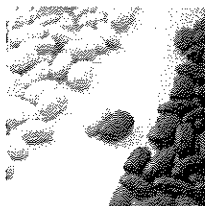
Computer algorithms and the artificial intelligence that underlies them make a staggering number of everyday decisions for nearly every American, from what products we buy, to how we consume our news or entertainment, to whom we date, and how we find a job. Kartik Hosanagar, PhD, John C. Hower Professor of Technology and Digital Business and a Professor of Marketing at the Wharton School of the University of Pennsylvania, is author of A Human's Guide to Machine Intelligence: How Algorithms Are Shaping Our Lives and How We Can Stay in Control. discussed the potentially dangerous biases algorithms can give rise to as they increasingly run our lives, and offered suggestions for consumers to regain control.



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Hidden Prejudice

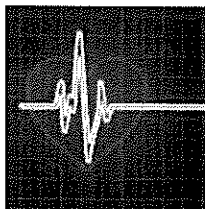
Jennifer L. Eberhardt, PhD, Professor of Psychology at Stanford, recipient of a 2014 MacArthur "genius" grant, and author of Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do talked about the numerous forms of bias hardwired into every human being. She said unconscious bias can be at work without our realizing it, even when we genuinely wish to treat all people equally. She explained how bias and racial inequality seeps into classrooms, police departments and businesses. She offered advice on how to recognize our own biases.



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Cardiac Treatment Trials

Alexander Fanaroff, M.D., Fellow, Cardiovascular Medicine, Duke University Medical Center led a study that found that less than 10 percent of the treatment recommendations used by doctors to care for heart patients are based on evidence gained from multiple large, randomized clinical trials. He explained how the other 90 percent of treatments have come to be generally accepted by doctors. He hopes to see greater research to provide scientifically-supported treatment guidelines.



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talk@zone TALK CHANNEL

May 04, 2019

The Measles Epidemic



Measles is an extremely contagious virus. And reportedly, the disease is spiking worldwide. But most don't realize that measles can be fatal, and there are dangers for those who survive the disease. Then, despite safer designs and warning labels, the rate of injuries from lawn mowers remains high. Too often, youngsters are victims of these accidents

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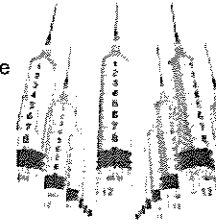
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Episode Segments:

The Measles Outbreak

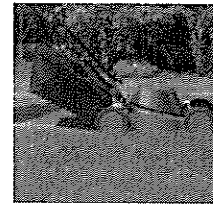
Measles outbreaks are spiking worldwide. **Michael Mina, PhD, MD**, Resident Physician in Clinical Pathology, Brigham and Women's Hospital, Harvard Medical School discussed the reasons behind the soaring rate of infections. He noted that for even those who survive an outbreak, measles can compromise a person's immune system for up to two years afterwards. He said the MMR vaccinations are proven to be very safe and parents should not hesitate to have their children vaccinated.



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Lawnmower Injuries

Deborah Schwengel, MD, Assistant Professor of Anesthesiology and Critical Care Medicine at the Johns Hopkins University School of Medicine and Johns Hopkins Children's Center led a comprehensive nationwide study that found that the rate of lawnmower injuries remains at a consistently high level, with most of them requiring surgery and hospitalization. She explained how the most common incidents occur and how adults can take steps to protect children from injury.



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Regular Books are Best

Tiffany Munzer, MD, Pediatric Developmental Behavioral Fellow at the University of Michigan led a study that examined parents reading to their children in different book formats: enhanced electronic (with sound effects and/or animation), electronic, and print. The study found that traditional books provide the greatest opportunities for discussion, conversation and parent/child bonding. She said the flashing lights and loud sounds in most e-readers detract from the potential benefits of a shared reading experience.



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Guest(s) Appearing on this Episode

Michael Mina

Michael Mina, MD, PhD is a resident and clinical research fellow in the Dept. of Pathology at Harvard Medical School / Brigham and Women's Hospital. Dr. Mina earned his AB at Dartmouth College in physics and engineering, his MD and PhD degrees at Emory University and St. Jude Children's Research Hospital in Immunology, and Ecology and Evolutionary Biology of Infectious Diseases, and completed his post-doctoral training at Princeton University, in mathematical modeling of infectious disease dynamics, with Prof. Bryan Grenfell. Dr. Mina's research draws on biological and mathematical models to investigate infectious diseases from the molecular and immunologic levels through to population dynamics and epidemics. Much of his work has focused on non-specific effects of vaccines on phylogenetically distinct human pathogens mediated through perturbations of the innate and adaptive immune systems. A major focus surrounds impacts of influenza vaccines on bacterial pathogenicity and transmission. Work on this has recently moved into human trials through collaborations with Liverpool School of Tropical Medicine. Additionally, his work on non-specific vaccine effects led to the discovery that measles infections may cause "immunologic amnesia", leaving children at risk of infections for multiple years. He found that by preventing measles, measles vaccines may have had significant though previously unrecognized benefits, reducing non-measles childhood infectious disease mortality by as much as 50%.

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May 11, 2019

The State of Medicare and Medicaid

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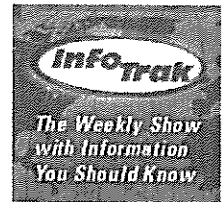


Millions of Americans are counting on Social Security, Medicare and Medicaid for support in their golden years. But these programs are facing serious financial challenges in the years ahead. Then, teens that spend countless hours unsupervised on the internet may later become targets of adult sexual predators.

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Episode Segments:

The Stability of the Social Safety Net

Most Americans are aware that the Social Security program will soon run short of money. William G. Gale, PhD, Arjay and Frances Miller Chair in Federal Economic Policy, Senior Fellow in the Economic Studies Program at the Brookings Institution discussed the even shakier financial situations of Medicare and Medicaid. He said the Medicare trust fund will run out of money in 2026. He stressed the importance for Congress to either reduce costs, raise taxes or make other major policy changes soon.



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Online Targets of Predators

Teens spend hours every day on internet-connected devices, often with little or no supervision. Megan Maas, PhD, Assistant Professor of Human Development and Family Studies at Michigan State University, certified sexuality educator led a study that found that online sexual experiences can predict a teen's likelihood of becoming a victim of sexual assault one year later. She outlined the specific patterns of behaviors that can put teenagers at risk. She said she believes teens need to receive much better education to learn how online activities can affect their real life.



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Veterans and Mental Health

Veterans face a wide array of mental health and stress-related challenges when they return to civilian life. Christopher Loftis, PhD, National Director for the U.S. Department of Veterans Affairs/U.S. Department of Defense Mental Health Collaboration discussed the various forms of help available at Veterans Administration facilities and via community-based mental health resources where veterans live. He offered ideas to help family members and friends start the conversation about mental health.



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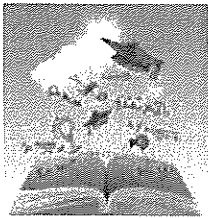
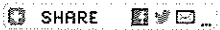


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talkzone TALK CHANNEL

May 18, 2019

Transitioning from College to the Real World



For many college graduates, transitioning to a rewarding career can be a challenge. Are colleges really preparing students for success in the professional world? Then, food poisoning infections have increased nationwide, as diagnostic tools have improved. An expert has helpful advice to avoid becoming the next victim.

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Episode Segments:

A Crash Course on Making Your Place in the World

Many young people struggle as they make the transition from the academic environment to the professional world. Tina Seelig, PhD, author of *What I Wish I Knew When I Was 20 - 10th Anniversary Edition: A Crash Course on Making Your Place in the World* discussed skills and thought processes that can lead to success and resilience in their adult lives. She also talked about the effectiveness of our nation's higher education system in preparing students for life.



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Food Poisoning

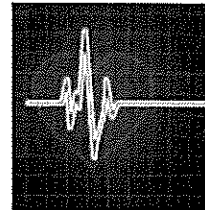
The Centers for Disease Control and Prevention has reported that the frequency of several types of food poisoning infections climbed last year, but that the increases could be the result of new diagnostic tools that help identify more cases. Tony Corbo, Senior Lobbyist for the Food Campaign at Food & Water Watch, an advocacy group that supports stricter food safety regulations explained the complex system that tracks illnesses such as salmonella and campylobacter. He said illnesses connected to produce are on the rise, while meat and poultry cases are unchanged.



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Kids and Cardiovascular risk

Robert M. Siegel, MD, Medical Director of the Center for Better Health and Nutrition of the Heart Institute at Cincinnati Children's Hospital Medical Center, Professor of Clinical Pediatrics at the University of Cincinnati led a small study of middle school students, examining their cardiovascular risk factors. He found that a third of the children had abnormal levels of cholesterol or blood sugar, and several were found to have undiagnosed diabetes. He said every child should be routinely tested for cardiovascular risks, but only 25-30% are.



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Guest(s) Appearing on this Episode

Tina Seelig

Tina Seelig is Professor of the Practice in Stanford University's Department of Management Science and Engineering, and is a faculty director of the Stanford Technology Ventures Program. She teaches courses in the Hasso Plattner Institute of Design (d.school) and leads three fellowship programs in the School of Engineering that are focused on creativity, innovation, and entrepreneurship. Dr. Seelig earned her PhD in Neuroscience at Stanford Medical School, and has been a management consultant, entrepreneur, and author of 17 books, including *Insight Out* (2016), *inGenius* (2012), and *What I Wish I Knew When I Was 20* (2009). She is the recipient of the Gordon Prize from the National Academy of Engineering, the Olympus Innovation Award, and the Silicon Valley Visionary Award.

Tina's Website

Tony Corbo

Tony Corbo is the senior lobbyist for the food campaign at Food & Water Watch. He is responsible for food-related legislative and regulatory issues that come before Congress and the Executive Branch. Tony has extensive organizing experience having directed major public employee representation campaigns in several states. He has also directed political campaigns at various levels, and he served as the administrative assistant to a Member of Congress. He holds a Bachelor of Arts degree in Public Affairs from The George Washington University and a master's degree in industrial and labor relations from Cornell University. He can be reached [tcorbo\(at\)fwwatch.org](mailto:tcorbo(at)fwwatch.org).

Food and Water Watch

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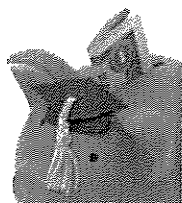
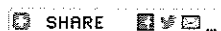


Home » TalkZone Talk Channel » InfoTrak » Winning The Money Game In College

talkzone TALK CHANNEL

May 25, 2019

Winning the Money Game in College



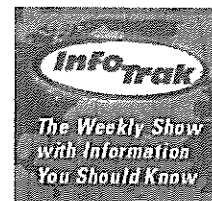
It's a fact- going to college costs a lot of money. But how much you pay depends on how much you know. An expert shares tips to help you avoid taking on debt. Then, if you get a ticket while driving these days, your insurance rates may spike. How much? An insurance analyst has the details.

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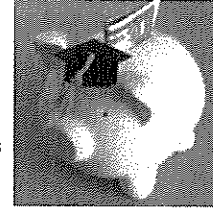
The Jolyn Thomas Show

The Pain-Free Zone

Episode Segments:

How to Finish College Debt-free

Families at every income level struggle with the question of how to pay for a college education. **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* 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



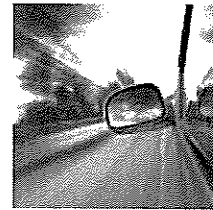
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Moving Violations and Insurance Rates

A traffic ticket can cause a driver's auto insurance rates to skyrocket. **Laura Adams**, Senior Insurance Analyst at insuranceQuotes.com 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.



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Making the Most of Your Retirement

When someone retires, the newfound freedom can be quite exciting, but also daunting. **Julia Cameron**, author of *It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond* 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.



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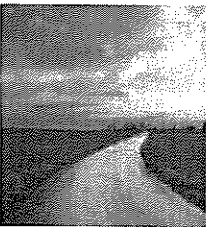
Home » TalkZone Talk Channel » InfoTrak » Disappearing Rural America

talkzone TALK CHANNEL

June 01, 2019

Disappearing Rural America

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What's happening with rural America? Populations are shrinking, as rural counties wrestle with long term declines and job losses. Then, does power encourage a culture of bullying and harassment in the workplace? And what is the best way to address those problems without fear of retribution?

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Episode Segments:

The Decline of Rural America

While a number of metropolitan regions across the US are struggling, many more midsize and rural counties are wrestling with long-term decline. David Swenson, PhD, Associate scientist in the Department of Economics, Iowa State University explained why most of the country's smaller urban and rural counties are not growing in terms of population and jobs, and will not grow in the future. He said government policies need to address the issue and assure access to necessary public services and modern technologies, to ensure that rural residents are connected to today's society.



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The Shield of Silence

Lauren Stiller Rikleen, President of the Rikleen Institute for Strategic Leadership, and author of *The Shield of Silence: How Power Perpetuates a Culture of Harassment and Bullying in the Workplace* discussed workplace misconduct, sexual harassment and other negative behaviors on the job. She believes the best way to address these problems is to eliminate the fear of retribution against those who report the misconduct. She said that change is also needed in the court system because judges and juries often discount the credibility of victims and are reluctant to hold employers accountable.



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101 Skills You Need to Survive in the Woods

Kevin Estela, author of *101 Skills You Need to Survive in the Woods* outlined essential skills and tools that can be helpful to anyone in an emergency situation, particularly on camping trips and other outdoor activities. He also discussed the importance of being mentally prepared to act in the event of a life-threatening emergency.



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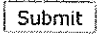
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Guest(s) Appearing on this Episode

David Swenson

Associate scientist in the Department of Economics, Iowa State University. I am also a lecturer in the School of Urban and Regional Planning, The University of Iowa.

I am a community economics research and education specialist. My work centers on regional and statewide economic analysis, technical assistance, and projects that support University-sponsored efforts in community development and in providing community economics education services to the public.

My research and service categories include regional industrial studies and evaluations, economic development research and technical assistance, input-output (economic impact) studies, benefit-cost analysis, fiscal impact research, public finance and tax policy analysis, and community change and worker mobility dynamics.

One of my major roles is to provide educational and technical assistance, presentations, and workshops to community groups, governments and organizations seeking to learn about Iowa's economy, the changes it has undergone, and the consequences of economic change for regions, communities, and households.

I study a wide range of Iowa-specific topics to include the economic contribution of biofuels production to Iowa's economy, the regional economic consequences of advanced biofuels production, local foods assessments, wind and solar industry economic impacts, industrial and occupational change, and the demographic and economic consequences of rural transformation in Iowa and the Midwest.

I have worked at ISU since 1989, and before that I worked at the University of Iowa from 1981 to 1989. I am a South Dakota native, a veteran of the U.S. Army, and I'm known to run very long distances for no good reason.

More About Dave Swenson

Lauren Stiller Rikleen

Lauren Stiller Rikleen brings an extraordinary background to her work as President of the Rikleen Institute for Strategic Leadership as an author, former law firm partner, mediator, and a leader in professional and community organizations.

Lauren's newest book, *The Shield of Silence: How Power Perpetuates a Culture of Harassment and Bullying in the Workplace*, combines detailed research, extensive interviews, and strategic recommendations for addressing workplace misconduct and the silence that fuels it. The book compellingly argues that sexual harassment and misconduct will not be stopped unless the condition that drives victims and bystanders into silence—the overriding fear that reporting misconduct will result in retaliation—is eliminated. A must-read for anyone interested in stopping harassment and negative behaviors, *The Shield of Silence* documents the link between the creation of a respectful, inclusive, and diverse workplace culture and the elimination of negative workplace behaviors.

Learn More About Ms. Rikleen

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June 08, 2019

Push-Ups and Heart Health

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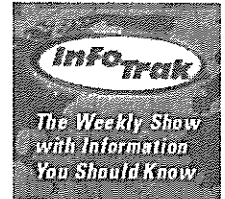
What's a better way to measure cardiovascular health than the typical treadmill test? The answer may be as simple as seeing how many pushups you can do. Then- where does recycled waste end up? Knowing the answer to that question encourages consumers to recycle more.

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Episode Segments:

The Pushup Test

Stefanos N. Kales, MD, MPH, Professor of Medicine at Harvard Medical School co-authored a recent study that suggested that the number of push-ups a middle-aged man can perform might be a strong indication of his overall heart health. He found that men who can do more than 40 pushups in one minute have a 96 percent reduced risk of heart attack, stroke and heart disease compared with men who could muster fewer than 10. He also noted that push-up capacity appears to be a better and obviously less costly measurement of heart health than the standard treadmill test routinely used by cardiologists.



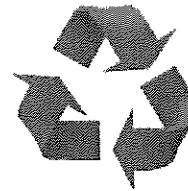
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Recycling Awareness

Karen Page Winterich, PhD IS Associate Professor of Marketing, Frank and Mary Smeal Research Fellow, Penn State University. Dr. Winterich's research team conducted six studies that found that when consumers are aware that recyclables are transformed into new items, they recycle more. She believes that improving consumer education should be a priority for any organization seeking to increase recycling.



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Mental Health Break from Work

Corporate psychologist and management consultant **Patricia Thompson, Ph.D.**, author of *The Consummate Leader: A Holistic Guide to Inspiring Growth in Others...and in Yourself*



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Guest(s) Appearing on this Episode

Stefanos Kales

Stefanos N. Kales, MD, MPH, FACP, FACOEM, is a Professor of Medicine at Harvard Medical School, and Professor and Director of the Occupational and Environmental Medicine Residency at the Harvard T.H. Chan School of Public Health (HSPH). He is Board Certified in Preventive Medicine: Occupational Medicine, and has been elected to Fellowship by both the American College of Physicians and the American College of Occupational & Environmental Medicine. Dr. Kales is the Chief of Occupational and Environmental Medicine and Medical Director for Employee Health and Industrial Medicine at the Cambridge Health Alliance, a Harvard-affiliated hospital system. He is also an occupational medicine consultant to the Massachusetts/Rhode Island Poison Control Center.

Dr. Kales has participated in a wide range of research, advisory, and teaching activities on five continents resulting in over 150 publications and wide recognition nationally and internationally. He also serves on the editorial boards of the Archives of Environmental and Occupational Health and on the international advisory board of Occupational Medicine, London.

[Learn More About Dr. Kales](#)

Karen Page Winterich

Professor Karen Page Winterich is a Frank and Mary Smeal Research Fellow and Professor of Marketing at the Pennsylvania State University. Winterich conducts research in the area of consumer behavior, with specific interests in the effects of consumer identities and emotions on consumer judgments and decision-making. Her research focuses on examining the effect of cultural and moral identities on charitable giving and brand evaluations as well as the impact of emotions on consumer decisions and consumption. Her research has been published in the Journal of Consumer Research, Journal of Marketing Research, Journal of Marketing, Journal of Applied Psychology, International Journal of Research in Marketing, Organizational Behavior and Human Decision Processes, and the Personality and Social Psychology Bulletin, among others. She currently serves on the Editorial Review Board for Journal of Consumer Research, Journal of Consumer Psychology, and Customer Needs and Solutions. She teaches marketing courses, including advertising and promotions to undergraduate students as well as a doctoral seminar consumer behavior. She also teaches a course on sustainable behavior among consumers, firms, and society as part of Smeal's Sustainability course offerings. Prior to joining Penn State University, she was on the faculty at Texas A&M University.

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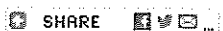


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June 15, 2019

The Retirement Piggy Bank

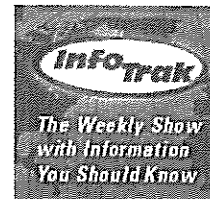


We've all heard the advice to save money for retirement. But one piece of advice that seems to be missing is how much money we should be setting aside. An expert answers that question, along with more advice. Then, recent research has found that there may be harmful chemicals in certain food packaging. A scientist shares advice on what to look out for.

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Episode Segments:

Saving for Retirement

Joshua Gotbaum Guest Scholar in the Economic Studies Program at The Brookings Institution, and Chair of the Maryland Small Business Retirement Security Board said the retirement industry has spent decades largely sidestepping perhaps the biggest question most Americans have about retirement planning: how much of their earnings should they be saving? He cited research from the Employee Benefits Research Institute that recommends saving at least 10% of each paycheck. He stressed that Millennials should begin saving in earnest as soon as they enter the workforce.



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Toxic Containers

A recent investigation by the Food and Drug Administration found toxic per- and poly- fluoroalkyl substances, or PFAS, in a wide variety of produce, meats and processed foods. **David Andrews, Ph.D.**, Senior Scientist, Environmental Working Group outlined the health dangers. He said food packaging is a major source of the chemicals, along with contaminated water and soil used to grow the food. He would like to see greatly increased government regulation and monitoring of the chemicals.



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Car Seat Sleeping Safety

Rachel Moon, MD, Pediatrician and Researcher at the University of Virginia Children's Hospital was the lead author of a study that found that babies are dying in car seats when the child is out of the car and sleeping. When looking at infant deaths in sitting devices, like car seats and strollers, her team found that more than two-thirds occurred while in car seats. In those cases, parents were using the car seats as directed less than 10% of the time. She stressed the importance of educating parents to use a crib or bassinet when they are at home.



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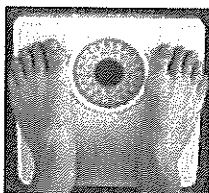
Home » TalkZone Talk Channel » InfoTrak » A Simple 'Weigh' To Avoid Vacation Weight Gain

talk@zone TALK CHANNEL

June 22, 2019

A Simple 'Weigh' to Avoid Vacation Weight Gain

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Many adults gain a pound...or two or three... during vacations or holidays, and never lose those pounds. We share a daily 20-second activity that can help you avoid weight gain. Then, millions of Americans are stressed due to an epidemic of anxiety. A psychotherapist has advice to reduce the stress.

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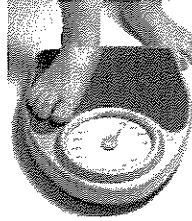
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- The Jolyn Thomas Show
- The Pain-Free Zone

Episode Segments:

Step on the Scale

Jamie Cooper, PhD, Associate Professor in the Department of Foods and Nutrition at the University of Georgia led a study that found that stepping on the bathroom scale once per day may help to avoid weight gain. She said the average adult gains 1-2 lbs over each vacation or holiday period, and normally doesn't lose it afterwards. She said although people may walk more and get other forms of physical activity during vacations, they tend to eat more.



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American Anxiety

An American Psychiatric Association report found that Americans have experienced a 51% increase in anxiety levels in the past two years. Laurie Nadel, PhD, a psychotherapist who specializes in treating acute stress, anxiety and PTSD, author of *The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes* said the report illustrates an epidemic of anxiety issues, including PTSD. She said it can be triggered just by watching disturbing images on electronic devices, causing what she terms "vicarious traumatization." She outlined five techniques that may help those suffering from mental trauma.



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The Surveillance State

Julie Angwin, Pulitzer Prize-winning investigative journalist, author of *Dragnet Nation: A Quest for Privacy, Security and Freedom in a World of Relentless Surveillance* explained why Americans should be concerned about the rapidly increasing ways that the government, private companies, and even criminals use technology to indiscriminately sweep up vast amounts of our personal data. She outlined tools that people can use to reduce their digital footprint.



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Guest(s) Appearing on this Episode

Jaime Cooper

Dr. Jamie Copper is an associate professor in sports nutrition. She holds two degrees from Michigan State University and her Ph.D. From University of Wisconsin-Madison and, comes to FACS From Texas Tech University. Dr. Cooper has published numerous journal articles with a list of exceptional colleagues and has published one book, "The Complete Nutrition Guides for Triathletes" (2012). In addition to studying metabolism and hunger/satiety in humans as it relates to obesity and chronic disease, she carries outreach in the area of sport nutrition.

Learn More About Jaime Cooper

Laurie Nadel

Laurie Nadel, Ph.D., is an expert on mental health and climate change. She has been interviewed in The New York Times, National Public Radio, Reuters, and CNN.com. A specialist in acute stress, she is a member of a critical incident stress management team working with first responders. After losing her home to Hurricane Sandy, Dr. Laurie ran long-term support groups for survivors. From 2003 to 2005, she directed a program for teenagers whose fathers were killed in the 9/11 World Trade Center attacks and wrote the script for After the Fall: The Rise of a 9/11 Community Center, narrated by Dan Rather. Her four-time bestseller, Sixth Sense: Unlocking Your Ultimate Mind Power, was featured twice on Oprah. A journalist for twenty years, Laurie Nadel reported for Newseek and United Press International in South America, wrote TV news for CBS, ABC News and Reuters Television, and was a religion columnist for The New York Times' Long Island section. The Five Gifts: Discovering Healing, Hope and Strength When Disaster Strikes is her seventh book.

Laurie's Website

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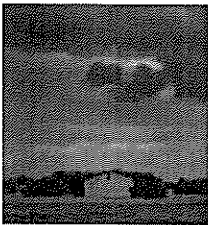
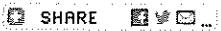


Home » TalkZone Talk Channel » InfoTrak » Tornado Forecasting

talk@zone TALK CHANNEL

June 29, 2019

Tornado Forecasting



Does it seem like our nation has been experiencing more tornados than usual? A weather expert weighs in on that, and offers some life saving advice to keep you and your family safe. Then, a vast amount of water is pumped out of the ground each year for productive uses. But is all that demand impacting our rivers?

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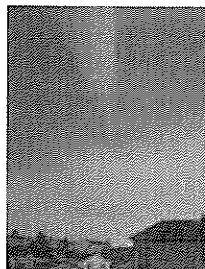
The Jolyn Thomas Show

The Pain-free Zone

Episode Segments:

Staying Safe in a Tornado

Over the past two decades, there have been major changes in tornado forecasting technology and how Americans receive alerts. Rick Smith, Warning Coordination Meteorologist at the National Weather Service in Norman, OK discussed the latest developments and what everyone needs to know to stay safe. He said the number or intensity of tornadoes hasn't changed, but media attention has increased, partly because nearly every tornado is now captured on a smartphone camera.



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The Effects of Groundwater Pumping

Laura Condon, PhD, Assistant Professor of Hydrology and Atmospheric Sciences, University of Arizona led a study that found that groundwater pumping in the last century, for drinking water and agricultural use, has contributed as much as 50 percent to stream flow declines in some US rivers. She explained why this is such a serious concern and what can be done by communities and individuals to conserve water resources.



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Outside Time

It's common knowledge that being outdoors and around nature is a healthy thing. Mathew White, PhD, Environmental Psychologist and Senior Lecturer from the University of Exeter Medical School in Devon, England led a study that measured exactly how much outdoor time is necessary for improved health. He found that two to four hours per week is the sweet spot, and it can be done in bits and pieces over the course of a week. He added that the benefits were especially helpful for those with longstanding illness or disabilities.



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