

**FCC Quarterly Report**

**Period Ending: 09/30/19**

**For Radio Station**

**WQRS-FM**

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

**Sound Communications LLC**

## **WQRS-FM**

### **Notes of Interest:**

**08/09/19 - Live broadcast from the Annual Kids Day Carnival in Olean.**

**09/23/19 - Live broadcast from the YMCA's back to school event.**

**9/20/19 - Representing the Station, Scott Benjamin attended the Arnot Mall Regional Job Fair.**

**09/24/19 - Held the "Woodside Music Festival" to highlight local talent**

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

**Public Service Announcements:**

**Average number of PSAs played per day -92**

**Average number of minutes per day during reporting period - 69**

**Cart's of PSAs Rotate evenly**

# PSA Promo

WQRS-FM

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

As of Thursday, Oct 3 2019

Station	Date	Air Time	Len
WQRS-FM	07/01/2019	12:01:00AM	30
WQRS-FM	07/01/2019	12:01:00AM	30
WQRS-FM	07/01/2019	12:01:30AM	60
WQRS-FM	07/01/2019	12:01:30AM	60
WQRS-FM	07/01/2019	12:02:30AM	30
WQRS-FM	07/01/2019	12:02:30AM	30
WQRS-FM	07/01/2019	1:51:00AM	60
WQRS-FM	07/01/2019	1:51:00AM	60
WQRS-FM	07/01/2019	1:52:00AM	30
WQRS-FM	07/01/2019	1:52:00AM	30
WQRS-FM	07/01/2019	1:52:30AM	30
WQRS-FM	07/01/2019	1:52:30AM	30
WQRS-FM	07/01/2019	2:51:00AM	60
WQRS-FM	07/01/2019	2:51:00AM	60
WQRS-FM	07/01/2019	2:52:00AM	30
WQRS-FM	07/01/2019	2:52:00AM	30
WQRS-FM	07/01/2019	2:52:30AM	30
WQRS-FM	07/01/2019	2:52:30AM	30
WQRS-FM	07/01/2019	3:51:00AM	60
WQRS-FM	07/01/2019	3:51:00AM	60
WQRS-FM	07/01/2019	3:52:00AM	30
WQRS-FM	07/01/2019	3:52:00AM	30
WQRS-FM	07/01/2019	3:52:30AM	30
WQRS-FM	07/01/2019	3:52:30AM	30
WQRS-FM	07/01/2019	4:51:00AM	60
WQRS-FM	07/01/2019	4:51:00AM	60
WQRS-FM	07/01/2019	4:52:00AM	30
WQRS-FM	07/01/2019	4:52:00AM	30
WQRS-FM	07/01/2019	4:52:30AM	30
WQRS-FM	07/01/2019	4:52:30AM	30
WQRS-FM	07/01/2019	5:51:00AM	60
WQRS-FM	07/01/2019	5:51:00AM	60
WQRS-FM	07/01/2019	5:52:00AM	30
WQRS-FM	07/01/2019	5:52:00AM	30
WQRS-FM	07/01/2019	5:52:30AM	30
WQRS-FM	07/01/2019	5:52:30AM	30
WQRS-FM	07/01/2019	7:17:30PM	60
WQRS-FM	07/01/2019	7:17:30PM	60
WQRS-FM	07/01/2019	7:18:30PM	30
WQRS-FM	07/01/2019	7:18:30PM	30
WQRS-FM	07/01/2019	7:35:00PM	60
WQRS-FM	07/01/2019	7:35:00PM	60
WQRS-FM	07/01/2019	7:56:00PM	30
WQRS-FM	07/01/2019	7:56:00PM	30

# PSA Promo

WQRS-FM

Report by Spot Date From 07/01/19 To 07/07/19  
As of Thursday, Oct 3 2019

Station	Date	Air Time	Len
WQRS-FM	07/01/2019	7:56:30PM	60
WQRS-FM	07/01/2019	7:56:30PM	60
WQRS-FM	07/01/2019	7:57:30PM	60
WQRS-FM	07/01/2019	7:57:30PM	60
WQRS-FM	07/01/2019	8:17:30PM	60
WQRS-FM	07/01/2019	8:17:30PM	60
WQRS-FM	07/01/2019	8:18:30PM	30
WQRS-FM	07/01/2019	8:18:30PM	30
WQRS-FM	07/01/2019	8:35:00PM	60
WQRS-FM	07/01/2019	8:35:00PM	60
WQRS-FM	07/01/2019	8:56:00PM	30
WQRS-FM	07/01/2019	8:56:00PM	30
WQRS-FM	07/01/2019	8:56:30PM	60
WQRS-FM	07/01/2019	8:56:30PM	60
WQRS-FM	07/01/2019	8:57:30PM	60
WQRS-FM	07/01/2019	8:57:30PM	60
WQRS-FM	07/01/2019	9:17:30PM	60
WQRS-FM	07/01/2019	9:17:30PM	60
WQRS-FM	07/01/2019	9:18:30PM	30
WQRS-FM	07/01/2019	9:18:30PM	30
WQRS-FM	07/01/2019	9:35:00PM	60
WQRS-FM	07/01/2019	9:35:00PM	60
WQRS-FM	07/01/2019	9:57:00PM	30
WQRS-FM	07/01/2019	9:57:00PM	30
WQRS-FM	07/01/2019	9:57:30PM	60
WQRS-FM	07/01/2019	9:57:30PM	60
WQRS-FM	07/01/2019	10:18:00PM	60
WQRS-FM	07/01/2019	10:18:00PM	60
WQRS-FM	07/01/2019	10:35:00PM	60
WQRS-FM	07/01/2019	10:35:00PM	60
WQRS-FM	07/01/2019	10:56:00PM	30
WQRS-FM	07/01/2019	10:56:00PM	30
WQRS-FM	07/01/2019	10:56:30PM	60
WQRS-FM	07/01/2019	10:56:30PM	60
WQRS-FM	07/01/2019	10:57:30PM	60
WQRS-FM	07/01/2019	10:57:30PM	60
WQRS-FM	07/01/2019	11:17:30PM	60
WQRS-FM	07/01/2019	11:17:30PM	60
WQRS-FM	07/01/2019	11:18:30PM	30
WQRS-FM	07/01/2019	11:18:30PM	30
WQRS-FM	07/01/2019	11:35:00PM	60
WQRS-FM	07/01/2019	11:35:00PM	60
WQRS-FM	07/01/2019	11:56:00PM	30
WQRS-FM	07/01/2019	11:56:00PM	30

# PSA Promo

WQRS-FM

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

As of Thursday, Oct 3 2019

Station	Date	Air Time	Len
WQRS-FM	07/01/2019	11:56:30PM	60
WQRS-FM	07/01/2019	11:56:30PM	60
WQRS-FM	07/01/2019	11:57:30PM	60
WQRS-FM	07/01/2019	11:57:30PM	60
WQRS-FM	07/02/2019	12:01:00AM	60
WQRS-FM	07/02/2019	12:01:00AM	60
WQRS-FM	07/02/2019	12:02:00AM	30
WQRS-FM	07/02/2019	12:02:00AM	30
WQRS-FM	07/02/2019	12:02:30AM	30
WQRS-FM	07/02/2019	12:02:30AM	30
WQRS-FM	07/02/2019	1:51:00AM	60
WQRS-FM	07/02/2019	1:51:00AM	60
WQRS-FM	07/02/2019	1:52:00AM	30
WQRS-FM	07/02/2019	1:52:00AM	30
WQRS-FM	07/02/2019	1:52:30AM	30
WQRS-FM	07/02/2019	1:52:30AM	30
WQRS-FM	07/02/2019	2:51:00AM	60
WQRS-FM	07/02/2019	2:51:00AM	60
WQRS-FM	07/02/2019	2:52:00AM	30
WQRS-FM	07/02/2019	2:52:00AM	30
WQRS-FM	07/02/2019	2:52:30AM	30
WQRS-FM	07/02/2019	2:52:30AM	30
WQRS-FM	07/02/2019	3:51:00AM	60
WQRS-FM	07/02/2019	3:51:00AM	60
WQRS-FM	07/02/2019	3:52:00AM	30
WQRS-FM	07/02/2019	3:52:00AM	30
WQRS-FM	07/02/2019	3:52:30AM	30
WQRS-FM	07/02/2019	3:52:30AM	30
WQRS-FM	07/02/2019	4:51:00AM	60
WQRS-FM	07/02/2019	4:51:00AM	60
WQRS-FM	07/02/2019	4:52:00AM	30
WQRS-FM	07/02/2019	4:52:00AM	30
WQRS-FM	07/02/2019	4:52:30AM	30
WQRS-FM	07/02/2019	4:52:30AM	30
WQRS-FM	07/02/2019	5:51:00AM	60
WQRS-FM	07/02/2019	5:51:00AM	60
WQRS-FM	07/02/2019	5:52:00AM	30
WQRS-FM	07/02/2019	5:52:00AM	30
WQRS-FM	07/02/2019	5:52:30AM	30
WQRS-FM	07/02/2019	5:52:30AM	30
WQRS-FM	07/02/2019	7:18:30PM	30
WQRS-FM	07/02/2019	7:18:30PM	30
WQRS-FM	07/02/2019	7:35:00PM	60
WQRS-FM	07/02/2019	7:35:00PM	60

# PSA Promo

WQRS-FM

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

As of Thursday, Oct 3 2019

Station	Date	Air Time	Len
WQRS-FM	07/02/2019	7:56:30PM	60
WQRS-FM	07/02/2019	7:56:30PM	60
WQRS-FM	07/02/2019	7:57:30PM	60
WQRS-FM	07/02/2019	7:57:30PM	60
WQRS-FM	07/02/2019	8:18:00PM	60
WQRS-FM	07/02/2019	8:18:00PM	60
WQRS-FM	07/02/2019	8:34:00PM	60
WQRS-FM	07/02/2019	8:34:00PM	60
WQRS-FM	07/02/2019	8:35:00PM	60
WQRS-FM	07/02/2019	8:35:00PM	60
WQRS-FM	07/02/2019	8:56:00PM	30
WQRS-FM	07/02/2019	8:56:00PM	30
WQRS-FM	07/02/2019	8:56:30PM	60
WQRS-FM	07/02/2019	8:56:30PM	60
WQRS-FM	07/02/2019	8:57:30PM	60
WQRS-FM	07/02/2019	8:57:30PM	60
WQRS-FM	07/02/2019	9:18:00PM	60
WQRS-FM	07/02/2019	9:18:00PM	60
WQRS-FM	07/02/2019	9:34:30PM	60
WQRS-FM	07/02/2019	9:34:30PM	60
WQRS-FM	07/02/2019	9:35:30PM	30
WQRS-FM	07/02/2019	9:35:30PM	30
WQRS-FM	07/02/2019	9:56:00PM	30
WQRS-FM	07/02/2019	9:56:00PM	30
WQRS-FM	07/02/2019	9:56:30PM	60
WQRS-FM	07/02/2019	9:56:30PM	60
WQRS-FM	07/02/2019	9:57:30PM	60
WQRS-FM	07/02/2019	9:57:30PM	60
WQRS-FM	07/02/2019	10:18:00PM	60
WQRS-FM	07/02/2019	10:18:00PM	60
WQRS-FM	07/02/2019	10:34:30PM	60
WQRS-FM	07/02/2019	10:34:30PM	60
WQRS-FM	07/02/2019	10:35:30PM	30
WQRS-FM	07/02/2019	10:35:30PM	30
WQRS-FM	07/02/2019	10:56:00PM	30
WQRS-FM	07/02/2019	10:56:00PM	30
WQRS-FM	07/02/2019	10:56:30PM	60
WQRS-FM	07/02/2019	10:56:30PM	60
WQRS-FM	07/02/2019	10:57:30PM	60
WQRS-FM	07/02/2019	10:57:30PM	60
WQRS-FM	07/02/2019	11:17:00PM	60
WQRS-FM	07/02/2019	11:17:00PM	60
WQRS-FM	07/02/2019	11:18:00PM	60
WQRS-FM	07/02/2019	11:18:00PM	60

# PSA Promo

WQRS-FM

Report by Spot Date From 07/01/19 To 07/07/19  
As of Thursday, Oct 3 2019

Station	Date	Air Time	Len
WQRS-FM	07/02/2019	11:35:00PM	60
WQRS-FM	07/02/2019	11:35:00PM	60
WQRS-FM	07/02/2019	11:56:00PM	30
WQRS-FM	07/02/2019	11:56:00PM	30
WQRS-FM	07/02/2019	11:56:30PM	60
WQRS-FM	07/02/2019	11:56:30PM	60
WQRS-FM	07/02/2019	11:57:30PM	60
WQRS-FM	07/02/2019	11:57:30PM	60
WQRS-FM	07/03/2019	12:01:00AM	30
WQRS-FM	07/03/2019	12:01:00AM	30
WQRS-FM	07/03/2019	12:01:30AM	60
WQRS-FM	07/03/2019	12:01:30AM	60
WQRS-FM	07/03/2019	12:02:30AM	30
WQRS-FM	07/03/2019	12:02:30AM	30
WQRS-FM	07/03/2019	1:51:00AM	60
WQRS-FM	07/03/2019	1:51:00AM	60
WQRS-FM	07/03/2019	1:52:00AM	30
WQRS-FM	07/03/2019	1:52:00AM	30
WQRS-FM	07/03/2019	1:52:30AM	30
WQRS-FM	07/03/2019	1:52:30AM	30
WQRS-FM	07/03/2019	2:51:00AM	60
WQRS-FM	07/03/2019	2:51:00AM	60
WQRS-FM	07/03/2019	2:52:00AM	30
WQRS-FM	07/03/2019	2:52:00AM	30
WQRS-FM	07/03/2019	2:52:30AM	30
WQRS-FM	07/03/2019	2:52:30AM	30
WQRS-FM	07/03/2019	3:51:00AM	60
WQRS-FM	07/03/2019	3:51:00AM	60
WQRS-FM	07/03/2019	3:52:00AM	30
WQRS-FM	07/03/2019	3:52:00AM	30
WQRS-FM	07/03/2019	3:52:30AM	30
WQRS-FM	07/03/2019	3:52:30AM	30
WQRS-FM	07/03/2019	4:51:00AM	60
WQRS-FM	07/03/2019	4:51:00AM	60
WQRS-FM	07/03/2019	4:52:00AM	30
WQRS-FM	07/03/2019	4:52:00AM	30
WQRS-FM	07/03/2019	4:52:30AM	30
WQRS-FM	07/03/2019	4:52:30AM	30
WQRS-FM	07/03/2019	5:51:00AM	60
WQRS-FM	07/03/2019	5:51:00AM	60
WQRS-FM	07/03/2019	5:52:00AM	30
WQRS-FM	07/03/2019	5:52:00AM	30
WQRS-FM	07/03/2019	5:52:30AM	30
WQRS-FM	07/03/2019	5:52:30AM	30

# PSA Promo

WQRS-FM

Report by Spot Date From 07/01/19 To 07/07/19  
As of Thursday, Oct 3 2019

Station	Date	Air Time	Len
WQRS-FM	07/03/2019	7:17:30PM	60
WQRS-FM	07/03/2019	7:17:30PM	60
WQRS-FM	07/03/2019	7:18:30PM	30
WQRS-FM	07/03/2019	7:18:30PM	30
WQRS-FM	07/03/2019	7:35:00PM	60
WQRS-FM	07/03/2019	7:35:00PM	60
WQRS-FM	07/03/2019	7:56:00PM	30
WQRS-FM	07/03/2019	7:56:00PM	30
WQRS-FM	07/03/2019	7:56:30PM	60
WQRS-FM	07/03/2019	7:56:30PM	60
WQRS-FM	07/03/2019	7:57:30PM	60
WQRS-FM	07/03/2019	7:57:30PM	60
WQRS-FM	07/03/2019	8:17:30PM	60
WQRS-FM	07/03/2019	8:17:30PM	60
WQRS-FM	07/03/2019	8:18:30PM	30
WQRS-FM	07/03/2019	8:18:30PM	30
WQRS-FM	07/03/2019	8:35:00PM	60
WQRS-FM	07/03/2019	8:35:00PM	60
WQRS-FM	07/03/2019	8:56:30PM	60
WQRS-FM	07/03/2019	8:56:30PM	60
WQRS-FM	07/03/2019	8:57:30PM	60
WQRS-FM	07/03/2019	8:57:30PM	60
WQRS-FM	07/03/2019	9:18:00PM	60
WQRS-FM	07/03/2019	9:18:00PM	60
WQRS-FM	07/03/2019	9:34:30PM	60
WQRS-FM	07/03/2019	9:34:30PM	60
WQRS-FM	07/03/2019	9:35:30PM	30
WQRS-FM	07/03/2019	9:35:30PM	30
WQRS-FM	07/03/2019	9:56:00PM	30
WQRS-FM	07/03/2019	9:56:00PM	30
WQRS-FM	07/03/2019	9:56:30PM	60
WQRS-FM	07/03/2019	9:56:30PM	60
WQRS-FM	07/03/2019	9:57:30PM	60
WQRS-FM	07/03/2019	9:57:30PM	60
WQRS-FM	07/03/2019	10:18:00PM	60
WQRS-FM	07/03/2019	10:18:00PM	60
WQRS-FM	07/03/2019	10:34:30PM	60
WQRS-FM	07/03/2019	10:34:30PM	60
WQRS-FM	07/03/2019	10:35:30PM	30
WQRS-FM	07/03/2019	10:35:30PM	30
WQRS-FM	07/03/2019	10:56:00PM	30
WQRS-FM	07/03/2019	10:56:00PM	30
WQRS-FM	07/03/2019	10:56:30PM	60
WQRS-FM	07/03/2019	10:56:30PM	60

# PSA Promo

WQRS-FM

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

As of Thursday, Oct 3 2019

Station	Date	Air Time	Len
WQRS-FM	07/03/2019	10:57:30PM	60
WQRS-FM	07/03/2019	10:57:30PM	60
WQRS-FM	07/03/2019	11:18:00PM	60
WQRS-FM	07/03/2019	11:18:00PM	60
WQRS-FM	07/03/2019	11:35:00PM	60
WQRS-FM	07/03/2019	11:35:00PM	60
WQRS-FM	07/03/2019	11:56:30PM	60
WQRS-FM	07/03/2019	11:56:30PM	60
WQRS-FM	07/03/2019	11:57:30PM	60
WQRS-FM	07/03/2019	11:57:30PM	60
WQRS-FM	07/04/2019	12:01:00AM	60
WQRS-FM	07/04/2019	12:01:00AM	60
WQRS-FM	07/04/2019	12:02:00AM	30
WQRS-FM	07/04/2019	12:02:00AM	30
WQRS-FM	07/04/2019	12:02:30AM	30
WQRS-FM	07/04/2019	12:02:30AM	30
WQRS-FM	07/04/2019	1:51:00AM	60
WQRS-FM	07/04/2019	1:51:00AM	60
WQRS-FM	07/04/2019	1:52:00AM	30
WQRS-FM	07/04/2019	1:52:00AM	30
WQRS-FM	07/04/2019	1:52:30AM	30
WQRS-FM	07/04/2019	1:52:30AM	30
WQRS-FM	07/04/2019	2:51:00AM	60
WQRS-FM	07/04/2019	2:51:00AM	60
WQRS-FM	07/04/2019	2:52:00AM	30
WQRS-FM	07/04/2019	2:52:00AM	30
WQRS-FM	07/04/2019	2:52:30AM	30
WQRS-FM	07/04/2019	2:52:30AM	30
WQRS-FM	07/04/2019	3:51:00AM	60
WQRS-FM	07/04/2019	3:51:00AM	60
WQRS-FM	07/04/2019	3:52:00AM	30
WQRS-FM	07/04/2019	3:52:00AM	30
WQRS-FM	07/04/2019	3:52:30AM	30
WQRS-FM	07/04/2019	3:52:30AM	30
WQRS-FM	07/04/2019	4:51:00AM	60
WQRS-FM	07/04/2019	4:51:00AM	60
WQRS-FM	07/04/2019	4:52:00AM	30
WQRS-FM	07/04/2019	4:52:00AM	30
WQRS-FM	07/04/2019	4:52:30AM	30
WQRS-FM	07/04/2019	4:52:30AM	30
WQRS-FM	07/04/2019	5:51:00AM	60
WQRS-FM	07/04/2019	5:51:00AM	60
WQRS-FM	07/04/2019	5:52:00AM	30
WQRS-FM	07/04/2019	5:52:00AM	30

# PSA Promo

WQRS-FM

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

As of Thursday, Oct 3 2019

Station	Date	Air Time	Len
WQRS-FM	07/04/2019	5:52:30AM	30
WQRS-FM	07/04/2019	5:52:30AM	30
WQRS-FM	07/04/2019	7:18:00PM	60
WQRS-FM	07/04/2019	7:18:00PM	60
WQRS-FM	07/04/2019	7:34:00PM	60
WQRS-FM	07/04/2019	7:34:00PM	60
WQRS-FM	07/04/2019	7:35:00PM	60
WQRS-FM	07/04/2019	7:35:00PM	60
WQRS-FM	07/04/2019	7:56:00PM	30
WQRS-FM	07/04/2019	7:56:00PM	30
WQRS-FM	07/04/2019	7:56:30PM	60
WQRS-FM	07/04/2019	7:56:30PM	60
WQRS-FM	07/04/2019	7:57:30PM	60
WQRS-FM	07/04/2019	7:57:30PM	60
WQRS-FM	07/04/2019	8:18:00PM	60
WQRS-FM	07/04/2019	8:18:00PM	60
WQRS-FM	07/04/2019	8:34:00PM	60
WQRS-FM	07/04/2019	8:34:00PM	60
WQRS-FM	07/04/2019	8:35:00PM	60
WQRS-FM	07/04/2019	8:35:00PM	60
WQRS-FM	07/04/2019	8:56:00PM	30
WQRS-FM	07/04/2019	8:56:00PM	30
WQRS-FM	07/04/2019	8:56:30PM	60
WQRS-FM	07/04/2019	8:56:30PM	60
WQRS-FM	07/04/2019	8:57:30PM	60
WQRS-FM	07/04/2019	8:57:30PM	60
WQRS-FM	07/04/2019	9:18:00PM	60
WQRS-FM	07/04/2019	9:18:00PM	60
WQRS-FM	07/04/2019	9:34:30PM	60
WQRS-FM	07/04/2019	9:34:30PM	60
WQRS-FM	07/04/2019	9:35:30PM	30
WQRS-FM	07/04/2019	9:35:30PM	30
WQRS-FM	07/04/2019	9:56:00PM	30
WQRS-FM	07/04/2019	9:56:00PM	30
WQRS-FM	07/04/2019	9:56:30PM	60
WQRS-FM	07/04/2019	9:56:30PM	60
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WQRS-FM	07/04/2019	10:56:00PM	30
WQRS-FM	07/04/2019	10:56:00PM	30

# PSA Promo

WQRS-FM

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WQRS-FM	07/04/2019	10:56:30PM	60
WQRS-FM	07/04/2019	10:56:30PM	60
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WQRS-FM	07/05/2019	4:51:00AM	60
WQRS-FM	07/05/2019	4:51:00AM	60

# PSA Promo

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WQRS-FM	07/05/2019	4:52:00AM	30
WQRS-FM	07/05/2019	4:52:00AM	30
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# PSA Promo

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WQRS-FM	07/07/2019	5:52:30AM	30
WQRS-FM	07/07/2019	5:52:30AM	30

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Home > TalkZone Talk Channel > InfoTrak > The (Non-Financial) Cost Of College To Families

# talkzone TALK CHANNEL

September 28, 2019

## The (Non-Financial) Cost of College to Families



### Episode Segments:

#### The (Non-Financial) Cost of College to Families

Attending a private four-year college is pricier than ever, averaging \$50,000 a year. Prof. Caitlin Zaloom from New York University led a recent study that examined the surprising toll that college costs can take on middle-class families, in ways that go beyond the financial burden.



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#### Marijuana's Shocking Effect on Parenting

54 percent of adults who use marijuana in the United States are parents. Prof. Bridget Freisthler from Ohio State University led a recent study of parents who use marijuana. She found that marijuana users are more likely to abuse or harshly discipline their children.



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#### Back To School Organizing

Kids who are organized tend to do better in school, according to Tracy McCubbin, author of "Making Space, Clutter Free: The Last Book on Decluttering You'll Ever Need." She offers some easy tips for parents.



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- Clarity From Chaos
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- Don't Box Me In
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- Heaven Sent And Bent
- Here's Theresa!
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- 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
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Home » TalkZone Talk Channel » InfoTrak » How To Raise A Reader

## talkzone TALK CHANNEL

September 21, 2019

### How To Raise a Reader

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#### Episode Segments:

##### Raising a Reader

No matter how young children may be, they gain much when parents read to them. Maria Russo, Children's Books Editor of the New York Times Book Review, and co-author of "How to Raise A Reader," says once a child can read on his or her own, the benefits are far greater.

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##### Turbocharge Your Productivity!

Ever feel distracted when you try to focus? The problem may be clutter! Barbara Hemphill, is a de-cluttering expert and author of "Less Clutter, More Life." She shares some helpful advice to help you boost your productivity.

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##### Is Your Child a Politics Junkie?

Kids pay more attention to politics that you think! Professor Rebecca Bigler from the University of Texas at Austin offers advice to parents to help their kids better understand the candidates and the election process.

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Home » TalkZone Talk Channel » InfoTrak » How To Outsmart Scam Artists

## talkzone TALK CHANNEL

September 14, 2019

### How to Outsmart Scam Artists



#### Episode Segments:

##### Outsmarting the Latest Clever Scams

Today, identity theft and fraud are happening everywhere, partly due to modern technology. Frank Abagnale is an FBI advisor and top expert on scams, and he shares simple strategies to outsmart today's ripoff artists.



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##### How to Short-Circuit Your Stress

Do you ever feel stressed? Amy Serin is a neuropsychologist who reveals ways to turn off stress and find relief.



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##### The Huge Need for STEM Employees

STEM education is all the rage today--the study of Science, Technology, Engineering and Math--to feed the growing demand for workers with those skills. Hank Green is a YouTube star and STEM proponent and he explains how parents can encourage their kids to be interested in STEM careers.



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Home » TalkZone Talk Channel » InfoTrak » Better Parenting Through Science

# talkzone TALK CHANNEL

September 07, 2019

## Better Parenting Through Science

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### Episode Segments:

#### Better Parenting Through Science

Parents know all too well that family, friends and so-called experts can dish out loads of advice on raising kids. But, much of that advice can be wrong, according to Prof. Emily Oster from Brown University. She examined some of this standard advice, compared it to scientific research and found that the conventional wisdom is often wrong. She offers advice to help new moms and dads to be better and more relaxed parents.

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#### The Basics of Health Savings Accounts

How much do you know about Health Savings Accounts? Roy Ramthun is an expert known as Mr. HSA and he explains the benefits of HSAs, how to avoid overpaying for medical services and how to shop for you own HSA.

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#### The Cost to Taxpayers of the Opioid Epidemic

The devastating consequences of the opioid crisis are far-reaching in the United States, in terms of lost and broken lives. Prof. Segel from Penn State University examined the often-overlooked costs to taxpayers via the impact to state and local budgets.

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Home » TalkZone Talk Channel » InfoTrak » Changing The World One Plastic Bottle At A Time & Ways To Help Autistic Kids

## talkzone TALK CHANNEL

August 24, 2019

### Changing the World One Plastic Bottle at a Time & Ways to Help Autistic Kids

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#### Episode Segments:

##### Changing the World One Plastic Bottle at a Time

Will McCallum is the Head of Oceans at Greenpeace UK, and the author of "How to Give Up Plastic: A Guide to Changing the World, One Plastic Bottle at a Time." He noted that humans produce over 300 million tons of plastic each year, with 12.7 million tons ending up in our oceans. He discussed the major impact that plastic and microplastic waste has on marine life and the environment. He said it is not possible to recycle all of the plastics used in our everyday lives. He outlined small changes that anyone can make to reduce the amount of plastic waste in their home or community.

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##### Ways to Help Autistic Young Adults Get Jobs

Joanne Lara, is an autism expert, former special education teacher, and Executive Director of the organization "Autism Works Now." She said up to 85 percent of autistic adults are either unemployed or underemployed. She explained how "Autism Works Now" teaches pre-employment and workplace readiness skills to young adults with autism. She outlined the challenges faced by autistic students, and she explained the role that parents, schools and employers play in helping them to secure meaningful employment.

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##### First-Time Drug Abuse Peaks in the Summer?

Prof. Palamar led a study at the NYU School of Medicine that found that teenagers are more likely to experiment with recreational drugs such as LSD, marijuana, cocaine or ecstasy for the first time during the summer months. He said that the amount of free time on their hands once the school year ends and activities like music festivals are major factors in this risky behavior. He said parents should educate and warn their kids about using recreational drugs, their risks and side effects.

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Home » TalkZone Talk Channel » InfoTrak » Homeless Teenagers & Bias Toward The Disabled

## talkzone TALK CHANNEL

August 17, 2019

### Homeless Teenagers & Bias Toward the Disabled

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#### Episode Segments:

##### Susan Frankel discusses Runaway and Homeless Teenagers

Ms. Frankel discussed the increasing problem of runaway and homeless teenagers. She said 1 out of 30 youth ages 13-17 experience homelessness at some point each year, 4.2 million in all. She explained the reasons that young people leave and how they survive on the streets. She outlined the services that her organization, the National Runaway Safeline, offers to help.

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##### Prof. William Chopik Talks About Biases Toward People with Disabilities

Prof. William Chopik led a study at Michigan State University that examined biases toward people with disabilities. He said bias toward people with disabilities is quite common, but few will acknowledge it. He talked about the demographic groups who are most likely to be prejudiced towards the disabled, and how the problem can be addressed.

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##### Julius McGee Explains How Renewable Energy Creates Energy Poverty

Efforts to replace fossil fuels with renewable energy sources can help lower carbon emissions. However, Prof. McGee led a recent study at Portland State University that found that renewable energy increases "energy inequality" for lower-income Americans because it costs more than energy produced by oil, coal and natural gas.

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Home » TalkZone Talk Channel » InfoTrak » College Students, Social Media And Drinking

## talkzone TALK CHANNEL

August 10, 2019

### College Students, Social Media and Drinking

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Many college students use social media. Research shows that students who often post comments and photos about drinking may be at greater risk for alcohol abuse. Then, a behavioral expert says gender equality at work is good for business, and shares quick, low cost ways that companies can use to reduce bias and boost performance.

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Episode Segments:

Social Media and Alcohol Abuse

Charee Thompson, PhD, Assistant Professor of Communication Studies at Ohio University was the co-author of a study of college students, drinking and social media. She discovered that having an "alcohol identity" puts college students at greater risk of having drinking problems. Her study also found that posting about alcohol use on social media sites is actually a stronger predictor of alcohol problems than having a drink. She discussed possible strategies to reduce alcohol abuse on college campuses.



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Gender Equality By Design

Iris Bohnet, PhD is Professor of Public Policy, Behavioral Economist at Harvard University, Director of the Women and Public Policy Program, Co-Chair of the Behavioral Insights Group at the Kennedy School of Government, and is author of What Works: Gender Equality by Design. Dr. Bohnet discussed gender equality in the workplace and why it's good business. She explained why diversity training programs have had limited success. She outlined the latest research into quick and often inexpensive ways that companies can address gender bias and improve performance



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Employee Ethics

2. Unethical behaviors by employees can tarnish an organization's reputation, lead to considerable monetary losses, and even result in legal prosecutions. Matthew J. Quade, PhD, Assistant Professor in the Department of Management at the Hankamer School of Business, Baylor University led a study that found that, in many cases, employees will tolerate misdeeds from a coworker who has the reputation of being a high performer. He believes companies need to take a hard look at how they prioritize performance over ethics.



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## Guest(s) Appearing on this Episode

### Charee Thompson

Dr. Thompson specializes in interpersonal and family communication with a particular focus on challenging and stressful health interactions. She is most curious about the factors surrounding, and the communication within, these episodes. One line of her research draws from information management literature to understand how individuals talk about their health condition(s), and consequently, how this communication is perceived. For example, she is currently working with students on a project about "Crying Wolf" and questionable health conditions. They want to understand what happens when we doubt another's health condition and the consequences for individuals and relationships. Some of her other research accounts for the social and cultural factors that make health interactions challenging and stressful, including stigma, norms, and cultural (mis)understandings. She has studied health issues related to adolescent and young adult cancer, weight management, mental health, chronic illness, college drinking, transgender health, and adolescent contraception. Her methodological toolbox includes: quantitative methods, primarily survey methods, structural equation (casual) modeling, and longitudinal designs. She also utilizes content, linguistic (LIWC), and thematic analyses.

Dr. Thompson's research has appeared in peer-reviewed journals such as Communication Monographs, Human Communication Research, Health Communication, Journal of Family Communication, Journal of Social and Personal Relationships, Oncology Nursing Forum, Patient Education & Counseling, and Communication Research Reports. She teaches undergraduate and graduate courses in interpersonal and family communication, health communication, and quantitative methods. She enjoys reading, traveling, and being outdoors with her husband, Josh, and dog, Chloe.

### [Learn More About Dr. Thompson](#)

### Iris Bohnet

Iris Bohnet, Professor of Public Policy, is a behavioral economist at Harvard Kennedy School, combining insights from economics and psychology to improve decision-making in organizations and society, often with a gender or cross-cultural perspective. She is the author of *What Works: Gender Equality by Design*, published by Harvard University Press in 2016. Her most recent research examines behavioral design to de-bias how we live, learn and work. Professor Bohnet served as the academic dean of the Kennedy School, is the director of its research center, the Women and Public Policy Program, the co-chair (with Max Bazerman) of the Behavioral Insights Group, an associate director of the Harvard Decision Science Laboratory, and the faculty chair of the executive program "Global Leadership and Public Policy for the 21st Century" for the World Economic Forum's Young Global Leaders. She serves on the boards of directors of Credit Suisse Group and University of Lucerne, as well as the advisory boards of the Vienna University of Economics and Business, EDGE and Applied, as well as numerous academic journals. She is a member of the Global Agenda Council on Behavior of the World Economic Forum.

### [Learn More about Dr. Bohnet](#)

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## talkzone TALK CHANNEL

August 03, 2019

### Escaping Domestic Abuse



Domestic abuse is a major problem. Unfortunately, the victims usually get little help. An expert shares warning signs that abuse is happening, and what to do about it. Then, research shows that only a small fraction of retirees sign up for social security at the most profitable time. You be shocked at how much Americans are leaving on the table.

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Episode Segments:

The Warning Signs of Abuse

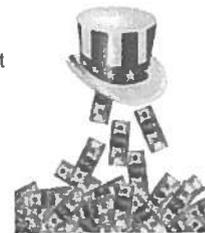
Alisa Divine, domestic abuse survivor, author of *She Wins: Harrowing Stories from Women Who Survived Domestic Abuse*. Ms. Divine said that domestic and sexual abuse is a huge problem but often the victims get little help. She explained why it is so important to shed light on the issue and educate the public about the warning signs. She also explained why leaving an abusive situation is the most dangerous time for the victim, and how victims can find help.



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Getting the Most out of Social Security

Matt Fellowes founder and CEO of United Income, a retirement-focused online investment management and financial planning company based in Washington, D.C. co-authored a report that found that only 4% of retirees sign up for Social Security at the most profitable time. He said this single mistake costs the typical American household an average of \$111,000 in lost retirement income. He said that most people should claim Social Security later than they typically do, but he recommends seeking professional advice.



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Women & Car Accidents

Jason Forman, PhD, Principal Scientist at the Center for Applied Biomechanics at the University of Virginia led a study that concluded that women are 73 percent more likely to be injured in a car accident than men. Older people were also at greater risk of injury. He talked about the likely reasons behind this trend. He also said that all car occupants are now more than half as likely to sustain serious injuries in cars less than ten years old than in older cars.



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## Guest(s) Appearing on this Episode

### Alisa Divine

For the last decade, Alisa Divine has been supporting women in feeling and sharing a powerful self-image, through her portraiture of women. She founded The More Than Beautiful Project™, a program for women and teen girls. Alisa mentors how to gain confidence, a positive body image, and develop healthy relationships. There are three options to work with her, find the one that fits best for you.

Alisa is the author of #SheWins: Harrowing Stories From Women Who Survived Domestic Abuse. This book captures and shares the irrepressible spirit of survivors, through portraiture and stories. She is the co-author of Killing Kate, which will be released on October 1, 2019. As co-owner of a publishing company, Personal Power Press, she provides a platform for individuals to share their stories and turn their pain into power.

In addition, Alisa is a life coach and feels great purpose to encourage others to rise above their circumstances and triumph. She is on a mission to help women and girls step into the best versions of themselves, transitioning from where they are to where they want to be. Alisa believes in creating lives full of meaning and purpose.

### Alisa's Website

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### Matt Fellowes

Matt Fellowes is the founder and CEO of United Income, a software company that helps its members bring more of their retirement dreams to life. Prior to founding United Income, Matt was the Chief Innovation Officer at Morningstar and the founder and CEO of HelloWallet, an award-winning financial guidance software company purchased by Morningstar Inc. in 2014. Earlier in his career, Matt was a Fellow at the Brookings Institution and an adjunct professor of public policy at Georgetown University and George Washington University. Matt currently sits on the Advisory Board of the Stanford Center on Longevity, the Board of Directors of Fellowes Inc., and a number of advisory councils. His business and academic work has been published in academic journals and covered in top media around the world, including feature stories in the Wall Street Journal, Economist, the New York Times, NBC Nightly News, CBS Evening News, and ABC World News, among others.

Matt has testified in front of the U.S. Congress and State Houses across the country and advised dozens of elected officials, businesses, and banking regulatory agencies on consumer finance issues. A native of Chicago, he holds a PhD from the University of North Carolina at Chapel Hill, an MPP from Georgetown University, and a BA from St. Lawrence University. In addition to receiving numerous awards for his work, Matt had the honor of being selected as a "Top 100 Global Game Changer" by the Huffington Post and a "Tech Titan" by the Washingtonian. He lives in Washington, DC with his wife and two daughters.

### United Income

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Home » TalkZone Talk Channel » InfoTrak » The Health Benefits Of Church

## talkzone TALK CHANNEL

July 27, 2019

### The Health Benefits of Church



A health researcher says attending religious services more than once a week could extend your lifespan by over 30 percent. Is this something you doctor should know? Then, smartphones are great for keeping in touch, but there may be downsides, such as restlessness and lack of focus. You'll hear the results of a recent study.

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The Conspiracy Show

The Dave Baum Show

The Hydn Rousseau Show

### Episode Segments:

#### Go to Church, Live Longer

Those who attend church services on a regular basis may receive more than just spiritual benefits—they may live longer. **Tyler J. VanderWeele, PhD**, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University led a study that found that women who went to church more than once a week had a 33% lower risk of dying, compared to those who never went. He talked about the potential reasons behind the finding. He said it is conceivable in the future that doctors routinely ask about church attendance during medical checkups.



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#### Your Smartphone and ADHD

Smartphones have become part of everyday life. **Kostadin Kushlev, PhD**, psychology research scientist, University of Virginia led a study that found that the increasingly pervasive use of digital technology may be causing ADHD-like symptoms even among the general population. He explained why being separated from a smartphone may cause people to experience distraction, difficulty focusing and getting bored easily when trying to focus.



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#### Almonds and Brain Health

**Carl Cotman, PhD**, Professor of Neurology and Neurobiology, Director of the Institute for Brain Aging and Dementia, University of California, Irvine explained the results of new research into brain health for seniors. The study found that eating almonds, engaging in exercise and participating in brain-stimulating activities can keep aging brain cells in shape. This may delay or prevent Alzheimer's Disease.



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Home » TalkZone Talk Channel » InfoTrak » Don't Trust Online Reviews

# talkzone TALK CHANNEL

July 20, 2019

## Don't Trust Online Reviews

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If you rely on online product reviews when deciding what to purchase, you could be short-changing yourself. We'll have the results of a recent study that may surprise you. Then, how many hours of sleep do you need? Getting enough shut eye is critical if you want to perform at your best.

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- Relationship Straight Talk
- The Conspiracy Show
- The Dave Baum Show
- The Hydn Rousseau Show

Episode Segments:

Online Reviews

Many consumers pour through online product reviews before making a purchase. But **Bart de Langhe, PhD**, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder 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.



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Sleep for Success

2. Many Americans believe that less sleep equals more productivity. But **W. David Brown, PhD, DABSM, CBSM**, Sleep Psychologist at Children's Medical Center, Dallas, and co-author of *Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed*, 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.



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Can Smoking Cost You a Job

3. **Judith Prochaska, PhD, MPH, Associate Professor of Medicine, Stanford University School of Medicine** was the lead author of a study comparing employment in smokers and nonsmokers. She found that after 12 months, smokers were less likely to have found a job than nonsmokers, and those who did earned less than nonsmokers. She explained the reasons that employers may be wary of hiring smokers and how they sometimes screen them out in the hiring process.



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Guest(s) Appearing on this Episode

**Bart De Langhe**

Bart de Langhe is an assistant professor of marketing at the Leeds School of Business, University of Colorado-Boulder. After obtaining a BA and MA in psychology from the Catholic University of Leuven (Belgium), he obtained a Ph.D. in marketing from Erasmus University (Netherlands). In 2009, he was a visiting scholar at the University of Chicago. His research examines the role of learning, memory, and cognition for consumer and managerial decision making. His work has been published in Journal of Consumer Research, Journal of Marketing Research, Management Science, and Organizational Behavior and Human Decision Processes. Professor de Langhe teaches consumer and organizational buying behavior in the undergraduate program, and customer analytics in the Master's program.

[Dr. de Langhe's research on online reviews](#)

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Home » TalkZone Talk Channel » InfoTrak » Burglar Behavior

## talkzone TALK CHANNEL

July 13, 2019

### Burglar Behavior

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We have the results of a fascinating international study of burglars, that reveals how thieves find vulnerable homes, where they go once they are inside, and which items they often steal. Then, there is power in a diverse work force. Yet many companies don't go the extra mile towards being inclusive. We'll hear from a business expert.

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The Hydn Rousseau Show

**Episode Segments:**

**Burglar Behavior**

**Claire Nee, PhD**, Director of the International Centre for Research in Forensic Psychology, University of Portsmouth, UK led an international study of the behavior of burglars. She discussed the surprising degree of knowledge and skill of experienced thieves in choosing which home to target, how to navigate inside and what to take. She offered crime prevention suggestions to make a home less vulnerable to burglary.



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**Diversity in the Workplace**

**Raafi-Karim Alidina**, expert in building equality, diversity and inclusive cultures in organizations, co-author of *Building an Inclusive Organization: Leveraging the Power of a Diverse Workforce* said in the world of business, diversity is often given lip service, if it receives any attention at all. He explained why diversity and inclusion is crucial to the survival of companies. He outlined steps that business leaders can take to make themselves and their companies more inclusive



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**Parenting with a Purpose**

**Chick Moorman**, educator, co-author of *The 10 Commitments: Parenting with Purpose* talked about the verbal skills that parents should have to raise responsible and confident children. He offered tips on how parents can discipline their children in positive ways to create a culture of accountability.



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## Guest(s) Appearing on this Episode

### Claire Nee

Claire Nee joined the Department in 1996 from the Home Office Research and Statistics Directorate. She is the Director of the International Centre for Research in Forensic Psychology which encompasses her own work and that of 14 other members of staff within the Department (Lucy Akehurst, Dee Anand, Julie Cherryman, Simon Easton, Jackie Hillman, Anne Hillstrom, Lorraine Hope, Sharon Leal, Samantha Mann, Adrian Needs, James Ost, Dominic Pearson, Jim Sauer and Aldert Vrij); several postgraduates; and a number of high-profile external members from across the globe. It brings together considerable departmental expertise in detecting deception, child witnesses, investigative interviewing, offending behaviour, eye-witness memory and false memory syndrome with other external collaborators of world renowned reputation. Claire was an Associate Editor of the BPS journal Legal and Criminological Psychology from 2007-2011.

### [Learn More About Dr. Nee](#)

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### Raafi-Karim Alidina

Raafi is a consultant with Frost Included, working with clients to help create more inclusive workplace cultures. His expertise is particularly in data analysis and measurement of inclusion and using behavioural economics to create more diverse and inclusive environments.

He was a Research Fellow at the Center for Public Leadership at the Harvard Kennedy School, where, under the guidance of Dr Hannah Riley Bowles, he did research on implicit gender bias in negotiations. He was also previously an International Development and Management Fellow with the Aga Khan Foundation and a Research Analyst with the Mass Movements Project working under Dr Stephen Kosack.

Raafi is co-author of Building An Inclusive Organization: Leveraging the power of a diverse workforce.

### [Building an Inclusive Organization: Leveraging the Power of a Diverse Workforce](#)

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## talkzone TALK CHANNEL

July 07, 2019

### Short Workouts Still Work



Think you don't have the time to follow an exercise program? A fitness expert says just a one minute workout can give you REAL health benefits. Then, kids join gangs for all the wrong reasons. A research study now shows that gang membership can cause mental health problems.

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### Episode Segments:

#### One Minute Workouts

**Martin Gibala, PhD**, is 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.



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#### Street Gangs and Depression

**Chris Melde, PhD**, is 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.



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#### The New Aging

**Matthias Hollwich**, is an 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.



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The Jolyn Thomas Show

The Pain-Free Zone

The Path To A Better Future

The Staying Young Radio Show

The Urban Connection

Tiff's Logic

Truth And Logic

Voice Of Reason

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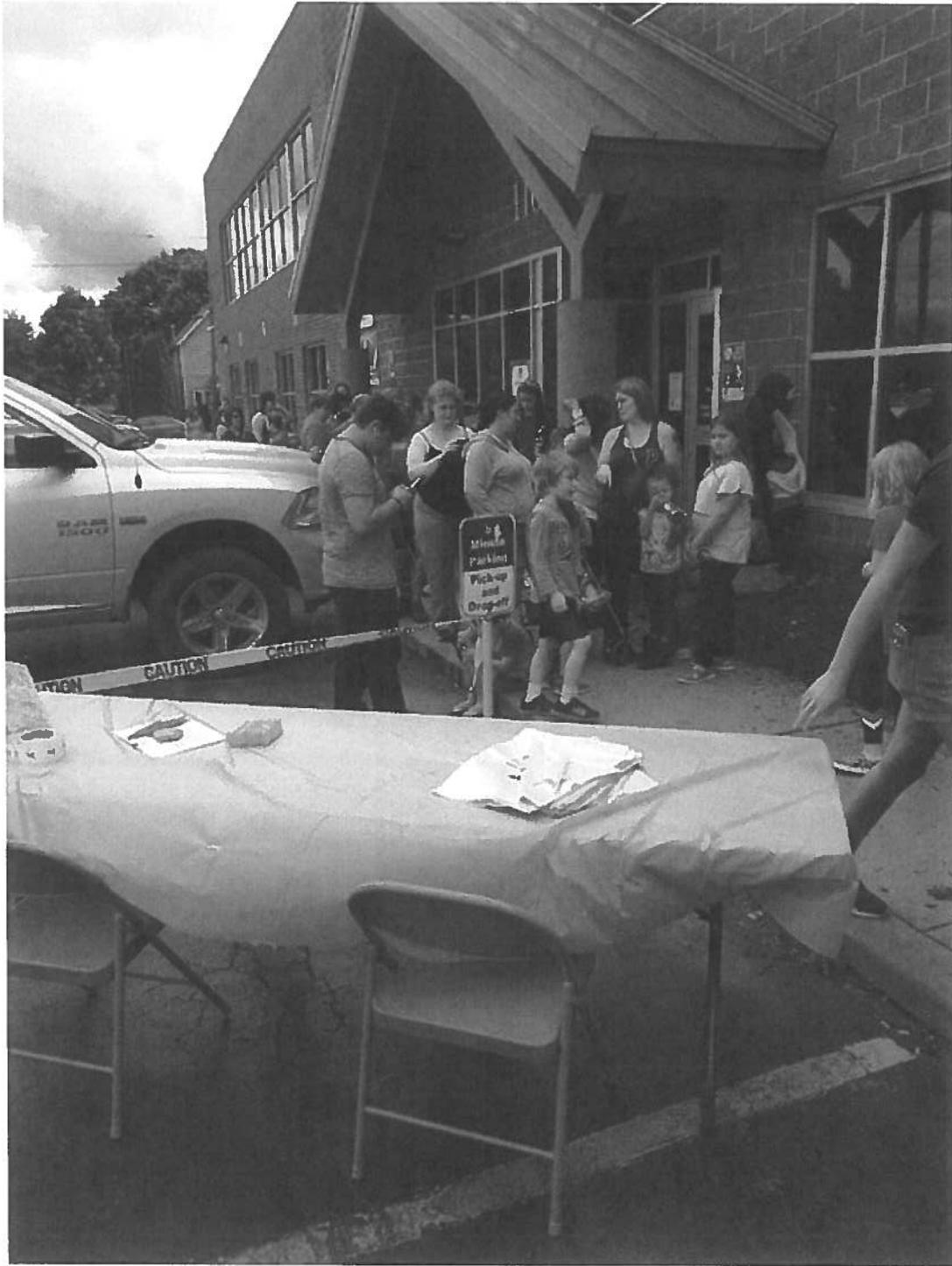


Friday, August 9<sup>th</sup> 2019



I went to the Annual Kids Day Carnival at War Vets Park in Olean. We did a Live broadcast, and gave things out to the kids while they enjoyed a free event.

Friday, August 23<sup>rd</sup> 2019



I went to a Back to school event for kids at the YMCA. Kids got to receive school supplies free of charge. We also did a live broadcast from the event.