

## QUARTERLY ISSUES/PROGRAMS LIST

There follows a listing of some of the significant issues responded to by Station KWCX & KHIL, along with the most significant programming treatment of those issues for the period **July, August & September 2013**. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Date	Duration	Narration of Type and Description of Program/Segment
Evening chronotype and eating behavior		1:30	<p><b>Narrator:</b> This is NIH Health Matters. I'm Joe Balintfy. Do you know what kind of chronotype you are?</p> <p><b>Cizza:</b> Chronotype is when you like to go to bed and when you like to wake up.</p> <p><b>Narrator:</b> In other words, says Dr. Giovanni Cizza a researcher at NIH, are you a morning person or an evening person. But your chronotype is about more than just sleep.</p> <p><b>Cizza:</b> A lot of other activities, physiological activities are related to that concept.</p> <p><b>Narrator:</b> And recent studies show that your chronotype may impact your health, in particular, obesity. Dr. Cizza says if you are an evening person, you tend to eat more. For more about your chronotype and obesity research, visit <a href="http://niddk.nih.gov">niddk.nih.gov</a>. Health Matters is produced by NIH, part of the U.S. Department of Health and Human Services.</p>
Evening chronotype and eating behavior		1:00	<p><b>Narrator:</b> This is NIH Health Matters. I'm Joe Balintfy. Want your kids to get some better sleep? Dr. Giovanni Cizza at NIH says, screen time before bedtime could be keeping kids from getting to sleep.</p> <p><b>Cizza:</b> There are recent studies showing that the lights that come from a computer screen, which is where our children secretly watch at night under their sheets, is in that setting, is very bad because it tends to increase arousal and making more difficult to fall asleep.</p> <p><b>Narrator:</b> He adds, screen time may also be cutting into sleep time, which is very important. Teens, for example, should be getting about 10 hours a night. For more sleep studies, visit <a href="http://niddk.nih.gov">niddk.nih.gov</a>. Health Matters is produced by NIH, part of the U.S. Department of Health and Human Services.</p>
Evening chronotype and eating behavior		1:30	<p><b>Narrator:</b> This is NIH Health Matters. I'm Joe Balintfy. A recent study of about 125 obese individuals, has shown that those who have an evening chronotype, or are basically evening people, tend to eat more. Dr. Giovanni Cizza at NIH adds, they also tend to eat more fat than carbohydrate, and more often after 8 pm.</p> <p><b>Cizza:</b> If you are an evening person, you tend to eat more, about 300 calories.</p> <p><b>Narrator:</b> That's 300 calories per day. And this research suggests that a person's chronotype plays a role. The study participants also reported sleeping less than 5 or 6 hours a night. For more on this study, and chronotype research, visit <a href="http://niddk.nih.gov">niddk.nih.gov</a>. Health Matters is produced by NIH, part of the U.S. Department of Health and Human Services.</p>

Evening chronotype and eating behavior			<p><b>Narrator:</b> This is NIH Health Matters. I'm Joe Balintfy. Research is showing that it's not enough to watch what you eat, but also when you eat. Dr. Kristina Rother at NIH says, when people work at times when they are supposed to be sleeping, they have an increased risk of overweight, obesity and diabetes.</p> <p><b>Rother:</b> I'm always astonished ultimately by how much common sense is actually supported by our scientific evidence because common sense is basically what your grandmother told you, namely that you shouldn't have a very heavy meal before you go to bed and you shouldn't eat very late.</p> <p><b>Narrator:</b> For more scientific evidence about obesity and diabetes, visit <a href="http://niddk.nih.gov">niddk.nih.gov</a>. Health Matters is produced by NIH, part of the U.S. Department of Health and Human Services.</p>
Summer Is Mosquito Season		1:30	<p><b>ORKIN, AND THE CENTERS FOR DISEASE CONTROL AND PREVENTION</b>, REMIND EVERYBODY THAT SUMMER IS MOSQUITO-SEASON. THAT'S BECAUSE MOSQUITO-POPULATIONS ARE DEPENDENT ON THE WEATHER: JUNE, JULY, AND AUGUST ARE PRIME MOSQUITO-MONTHS, DUE TO WARM SUMMER-TEMPERATURES. THAT'S WHY IT'S IMPORTANT FOR HOMEOWNERS TO TAKE PRECAUTIONS NOW--TO REDUCE MOSQUITO-POPULATIONS. THINGS THAT YOU CAN DO INCLUDE: THINNING OUTDOOR-VEGETATION; REPAIRING WINDOW-SCREENS; AND EMPTYING ANY STANDING-WATER FOUND IN GUTTERS, BIRDBATHS, AND FLOWER-POTS. ALSO, REMEMBER THAT MOST TYPES OF MOSQUITOES ARE MORE ACTIVE AT BOTH DUSK AND DAWN. BE SURE TO USE INSECT-REPELLENT, AND TO WEAR LONG SLEEVES AND PANTS--OR CONSIDER STAYING INDOORS DURING THESE HOURS. AND, ALWAYS HAVE SCREENS ON YOUR WINDOWS AND DOORS--TO KEEP MOSQUITOES OUT. IT ONLY TAKES A MOMENT TO GET BITTEN BY AN INFECTED MOSQUITO--SO PROTECT YOURSELF, EVERY TIME YOU GO OUTSIDE. FOR MORE INFORMATION ON CONTROLLING MOSQUITOES AROUND YOUR HOME, VISIT <a href="http://ORKIN-DOT-COM">"ORKIN"-DOT-COM</a>--OR <a href="http://C-D-C-DOT-GOV">"C-D-C"-DOT-GOV</a>.</p>
Job Fair	July	30	<p>Aridus Wine Company is having a job fair on Saturday, July 20<sup>th</sup> from 10am until 5pm. Please bring your resume and an interest in the wine industry. The job fair is at 1126 North Haskell Avenue in Willcox. Call 766-2926 for information.</p>
Cochise County Sheriff's Office	July, August	90	<p>The Cochise County Sheriff's Office is responsible for the registration of all Sex Offenders within Cochise county. As of today, the Sheriff's Office currently has a total of 217 registered sex offenders in Cochise county.</p> <p>Unfortunately the Sheriff's Office also encounters offenders who do not stay in compliance and are currently being sought as Absconders.</p> <p>The Sheriff's Office is looking for four offenders classified as absconders at this time and ask for the public to help by providing any information they may have related to these subjects.</p> <p>We ask if anyone knows the whereabouts of these people to please contact the Sheriff's Office at 1-(800) 362-0812</p> <p>The absconders are as follows:</p> <p>Shawn Cassidy, 33 years old Last Known Address- West Wilson St. Willcox, AZ</p> <p>Randy Ellis, 48 years old Last Known Address-North Taylor Rd Willcox, AZ</p> <p>Thomas Ceresia, 46 years old Last Known Address-East Navajo St Huachuca City, AZ</p> <p>Thomas Lawson, 37 years old Last Known Address-North Washington Ave Douglas, AZ</p>

Sheriff's Road Show	July & August	30	<p>Sheriff Mark Dannels announces that the Sheriff's Office "Road Show" will be meeting the public in various communities throughout Cochise County. The purpose of this "Road Show" is to allow our citizens to meet Sheriff personnel, local Fire Departments and US Border Patrol face to face to ask questions, and provide input about what they want to see in "Their" Sheriff's Office.</p> <p>The Sheriff's Office Road Show will be in Willcox Monday, August 5<sup>th</sup> from 10 Am until Noon at Safeway.</p>
Online Tool Calculates Affordable Care Options	August & Sept	1:30	<p>PHOENIX - Specific information about available options under the Affordable Care Act is only a few clicks away on a new website. AARP expects its <a href="#">Health Law Answers</a> tool will help people cut through the clutter about the health care law. Cynthia Fagyas, spokeswoman for AARP Arizona, says to use the online tool, you just need to answer seven simple questions such as where do you live, what is your gender and what's your income bracket.</p> <p>"By answering those seven questions, it generates a report immediately," she explains. "It lists the benefits and information you should know about the health care law and when these particular benefits take effect."</p> <p>The report will also list local resources and information. Fagyas says the online tool is available to anyone of any age. Fagyas says the reports generated by the tool can be especially useful for family caregivers wishing to provide information to a loved one. "These reports can be translated into English and Spanish," she explains. "They can be downloaded, they can be e-mailed, they can be saved to your computer."</p> <p>Fagyas adds the new online tool is just one part of an extensive outreach effort by AARP to provide information about the new health care law.</p> <p>"Whatever your views are about the law," she says, "I think it's important for everyone to understand the basic facts about the law, how it impacts you, what are the right healthcare decisions you need to make for you and your family."</p>
ATF & Cochise County Sheriff	Sept & Oct	30	<p>ATF in partnership with the Cochise County Sheriff's Office is offering a \$5,000 reward for information leading to the arrest and conviction of suspect(s) involved in the theft of firearms from Apache Arms in Willcox Arizona.</p> <p>Anyone that has any information related to this firearms theft please contact ATF at <b>520 508 0552</b></p>
Willcox Police Department	Sept & Oct	30	Rex Allen Days don't drink and drive
Walker Family Medicine	Sept & Oct	30	Stay safe for Rex Allen Days