

# KQSR-FM

## QUARTERLY ISSUES AND PROGRAM REPORT

**During this quarter the community needs and interests as ascertained with community leaders were addresses by significant public affairs or public service programming in response to the following:**

1. **Recreation** (community events, etc.)
2. **Family** (Parenting, Children at Risk)
3. **Education**
4. **Agriculture** (both retail and industry point of view)
5. **Government** (meetings, voter education, roads, laws, annexation, etc.)
6. **Health** (includes prevention, abuse, diseases, free clinics, YRMC events etc.)
7. **Community Service Organizations** (Local Non-Profits, government programs, etc.)
8. **Consumer Protection** (identity theft, recalls, scams)
9. **Crime** (prevention, meetings, etc.)
10. **Diversity** (racism, minorities, immigration, etc.)
11. **Senior Citizens**
12. **Military**

## KQSR

### 1st Qtr 2021 Quarterly Issues and Program Report

Date aired: 01/02/2021  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: City of Yuma 2021 Update  
Guest: Mayor Doug Nicholls

Issue: #5 Government

Mayor Douglas Nichols was able to call in to the studio and discuss with Cody Beeson the events happening for the 2021 year. Amongst the discussion was the new public utilities building that the city will be constructed this year. This has been a large need for the city because right now the department is spread over several buildings. In addition to the construction, the City of Yuma will be directing more funding for roads this year. Mayor Nicholls wanted to highlight the international relationships with our sister cities and a new partnership with Mexicali Mexico. This new partnership is an accomplishment that will strengthen the economic development opportunities in the whole region. The mayor wanted to give credit to front line healthcare workers at our local hospital and issue a call to action to support the hospital workers at this time.

Date aired: 01/02/2021  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: A Hiking Guide To Trails In The Yuma Area  
Guest: George Montopoli

Issue: #3 Education

George Montopoli a retired professor of mathematics from Arizona Western College was able to call in to the studio and discuss with Cody Beeson the seventh edition of A Hiking Guide To Trails In The Yuma Area. The original version came out over fifteen years ago. The discussion included A review of the guide as well as discussions of wildlife seen in the region. Safety tips were shared as well as the new process for obtaining a permit to utilize the Berry M Goldwater Bombing Range. The range is open to hiking and camping however a permit must be obtained in advanced as well as checking in and notifying the military you will be hiking on the range each time. The permits are still free to obtain but now they can be done online and as little as 15 minutes. A Hiking Guide To Trails In The Yuma Area is hosted by Arizona Western College and is free to download.

## KQSR

### 1st Qtr 2021 Quarterly Issues and Program Report

Date aired: 01/09/2021  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: City of Yuma 2021 Update  
Guest: Mayor Doug Nicholls

Issue: #5 Government

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KQSR

# 1st Qtr 2021 Quarterly Issues and Program Report

Date aired: 01/16/2021  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK  
Guest:

Issue:

SEE ATTACHED

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Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK  
Guest:

Issue:

SEE ATTACHED

## KQSR

### 1st Qtr 2021 Quarterly Issues and Program Report

Date aired: 01/23/2021  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Free COVID Testing  
Guest: Kevin Tunell

Issue: #5 Government

Kevin Tunell the public information officer with Yuma County government called in to discuss with Cody Beeson the free saliva testing happening in Yuma County. This opportunity is a partnership between the Yuma County Health Department and the University of Arizona to collect as many samples of saliva and provide a rapid Report about the numbers of Covid-19 cases in the Yuma community currently. "Not only is it a great opportunity to get a free noninvasive test. This is a chance to provide critical feedback to the health department on the condition of the general public. This will give us a snapshot of the public health" said Tunell. For more information or to sign up visit the Yuma County website.

Date aired: 01/23/2021  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Toastmasters  
Guest: Veronica Fransden

Issue: #7 Community  
Service Organization

Veronica Fransden with the Yuma Kofa Toastmasters club joined Cody Beeson for a discussion about the local Toastmaster clubs in the Yuma community and how anyone can participate if they desire. All clubs are operating online however the Yuma Kofa Club still meets in person. The club just asks anyone who wants to attend in person to respect all safety precautions that are already in place. . . Toastmasters is an organization that is dedicated to providing public speaking personal growth and leader ship opportunities for every individual that joins. Clubs meet weekly or biweekly to find the club that fits your schedule visit toastmasters.org for more information about Toastmasters international and the Yuma Kofa Toastmasters Club.

## KQSR

### 1st Qtr 2021 Quarterly Issues and Program Report

Date aired: 01/30/2021  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Toastmasters  
Guest: Veronica Fransden

Issue: #7 Community  
Service Organization

Veronica Fransden with the Yuma Kofa Toastmasters club joined Cody Beeson for a discussion about the local Toastmaster clubs in the Yuma community and how anyone can participate if they desire. All clubs are operating online however the Yuma Kofa Club still meets in person. The club just asks anyone who wants to attend in person to respect all safety precautions that are already in place. Toastmasters is an organization that is dedicated to providing public speaking personal growth and leadership opportunities for every individual that joins. Clubs meet weekly or biweekly to find the club that fits your schedule visit [toastmasters.org](http://toastmasters.org) for more information about Toastmasters international and the Yuma Kofa Toastmasters Club.

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KQSR

## 1st Qtr 2021 Quarterly Issues and Program Report

Date aired: 02/06/2021  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Catholic  
Community Services of Yuma  
Guest: Eva Mendez Counts

Issue: #7 Community  
Service Organization

Eva Mendez Counts, Executive Director and Mary McClendon with Catholic community Services of Yuma along with Joseph Waterford and Sandy Ramos members of the Board of Directors for Catholic Community Services discuss the 60th anniversary fundraising challenge with Cody Beeson. Catholic Community Services still provides Meals on Wheels, Safe House and other essential community service programs. Over the past year demand for services have doubled. The community is encouraged to make donations to support these programs. Everything from Catholic Community Services of Yuma is collected will stay in the Yuma community.

Date aired: 02/06/2021  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Small Business  
Development Center  
Guest: Randy Nelson

Issue: #7 Community  
Service Organization

Randy Nelson executive director of the Arizona Western College Small Business Development Center called into the studio to discuss with Cody Beeson all that the AWC SBDC offers to the local community members and entrepreneurs and business owners. On February 25, 2020 at 12 PM for Arizona Western College small business development center will host a small business workshop, which is free to attend. Please RSVP by calling the AWC SBDC office. The Arizona Western College small business development center is free of use to the Yuma community Randy Nelson encourages anybody with a small business or an idea and dream of entrepreneurship to take advantage of the free opportunities offered at SBDC meetings. Right now classes are currently virtual but still free of charge. Please contact Randy to schedule a meeting at 317-5161.

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Length: 15 Min.

TOPIC OF THIS SHOW: Right Turn  
Veterans Yuma Guest: Judy Smith

Issue: #7 Community  
Service Organization

Judy Smith Executive Director of Right Turn Veterans Yuma and Child Services Inc. was able to call into the studio and share with Cody Beeson about the programs offered for counseling services and life enrichment opportunities for those in need. The child services organization actually offers counseling and other behavioral health services to families and children. Right Turn Veterans Yuma is a program that grew out of necessity to provide life enrichment opportunities education and even basic housing to homeless veterans in need. These programs for veterans are 100% community supported and the community can donate items needed to live. Basic things like sheets, towels, cups, plates, silverware, and items such as that or participate in the upcoming Right Turn Veterans Yuma golf tournament now in his fifth year happening March 20 at Mesa Del Sol.

Date aired: 02/20/2021  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Fire House Facts  
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert public information officer with the City of Yuma Fire Department was able to call into the studio and discuss with Cody Beeson the recent fire house facts press release regarding calls for service, fires emergency service demands, and even the recent arson investigation. Addition to the discussions about demands for a service, Mike was able to share tips and information regarding emergency planning and being prepared in the case of a catastrophic emergency like what Texas is currently going through right now. We can be ready to handle emergency situations by being prepared in advance you can download a preparedness guide from the city fire department website and use it to answer critical questions regarding your emergency plan and being ready.

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## 1st Qtr 2021 Quarterly Issues and Program Report

Date aired: 03/06/2021  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Humane Society  
of Yuma  
Guest: Kari Tater

Issue: #7 Community  
Service Organization

Kari Tater Director of Development with the Humane Society of Yuma was able to call in to the studio and discuss with Cody Beeson the upcoming spay and neuter and license clinics for the Yuma community. On March 20 the Humane Society of Yuma will have a low cost vaccination clinic for animals. Just show up at the Humane Society campus and your animal can be vaccinated; microchip installed, and licensed that day. If unable to attend the event you can always sign up for a low-cost vaccination appointment on the Humane Society website or go to one of the Tuesday or Thursday walk in clinics. Kari wanted to remind everybody about the importance of licensing your animal so it can be returned to you in the event it was got out and ended up at the Humane Society. Licensing pays for the animal control programs in the city and the county.

Date aired: 03/06/2021  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Live and Let Live  
Organization  
Guest: Marc Victor

Issue: #7 Community  
Service Organization

Marc Victor, constitutional attorney with the Attorneys for Freedom in Phoenix Arizona called the studio to discuss with Cody Beeson the United States Constitution in 2021 and other issues that society is facing today. Many issues faced today are similar to events of 1796 and 1800 elections being contested. Out of the discussion came the idea of the nonprofit organization Live and Let Live. This new group is founded to promote the principles of freedom and prosperity for individuals. For more information visit [liveandletlive.org](http://liveandletlive.org).

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Date aired: 03/20/2021  
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: California  
Highway Patrol  
Guest: Scott Laverty

Issue: #5 Government

Lieutenant Commander Scott Laverty with the California Highway Patrol, Winterhaven division stationed in Felicity California. Lieutenant Laverty was able to call in to Cody Beeson and discuss the recent senior volunteer recruitment application that was submitted by Mayor Jacques Andre Istel. Mayor Istel accepted the appointment with honor and will begin training once COVID-19 restrictions have been lifted. The California Highway Patrol is always looking for more senior volunteers to help with: administration, public information, or even public awareness events. For more information and eligibility requirements, contact the Public Information Officer Mike Mitchell at 760-572-0294.

Date aired: 03/20/2021  
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Humane Society of  
Yuma Events  
Guest: Kari Tater

Issue: #7 Community  
Service Organization

Kari Tater, Development Director with the Humane Society of Yuma, called in to the station to discuss the current fundraiser that is now open and titled Critter Country. Critter Country is an annual fundraiser that directly supports the health and wellness of the shelter animals collected every year. This year, due to social distancing regulations, the Critter Country event will be hosted virtually. There are over 100 items available to auction and open to bid on at the Humane Society of Yuma's website. Everything raised goes to support the animals. Kari also wanted to remind everyone about kittens being born during this time of year. The Humane Society sees an increase in kitten drop offs that are unnecessary. If the public sees kittens please leave them alone because the mother will return to care for them.

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**Weekly Public Affairs Program**

Call Letters: KQSR FM

**QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2021**

Show # 2021-01  
Date aired: 1/2/21 Time Aired: 6:30AM

**Kevin Davis**, journalist, author of *"The Brain Defense: Murder in Manhattan and the Dawn of Neuroscience in America's Courtrooms"*

In the past 25 years, neuroscience has become a prominent factor in many court cases. Defense attorneys are successfully arguing that a defendant may not be responsible for a crime or should receive a lesser punishment because of brain abnormalities or injuries. Mr. Davis discussed how this is changing how judges and juries define responsibility and assign punishment.

Issues covered:  
Criminal Justice  
Mental Health

Length: 7:22

**Richard Horowitz, MD**, Lyme disease expert, founder of the Hudson Valley Healing Arts Center in Hyde Park, NY, author of *"How Can I Get Better?: An Action Plan For Treating Resistant Lyme And Chronic Disease"*

Dr. Horowitz said victims of Lyme disease are often misdiagnosed with other illnesses such as chronic fatigue syndrome, fibromyalgia, multiple sclerosis, or rheumatoid arthritis. He added that the number of Lyme cases is growing at an alarming rate each year, reaching epidemic proportions. He explained how to identify symptoms and work with a qualified specialist for the best possible treatment outcome.

Issues covered:  
Lyme disease  
Personal Health

Length: 9:55

Show # 2021-02  
Date aired: 1/9/21 Time Aired: 6:30AM

**Peter Vincent Pry, PhD**, Executive Director of the Task Force on National and Homeland Security, Director of the United States Nuclear Strategy Forum, both of which are Congressional Advisory Boards, former chief of staff of the Congressional EMP Commission, author of *"EMP Manhattan Project: Organizing for Survival Against an Electromagnetic Pulse Catastrophe"*

Dr. Pry explained the serious threat posed by an electromagnetic pulse (EMP), either naturally-occurring or from a manmade source. He discussed the potential sources of an attack. He said up to 90% of the US population would be dead within a year after such an event. He also outlined the basic steps that could protect the national electrical grid and explained why the US government has failed to act.

**Issues covered:**  
Electromagnetic Pulse  
Disaster Preparedness  
Government

**Length: 10:07**

**Heather Schwartz**, Director of the Pre-K to 12 Educational Systems Program at RAND, a nonprofit research organization

About two in 10 U.S. school districts have already adopted or are considering adopting virtual schools after the end of the COVID-19 pandemic, according to a new RAND Corporation study. Ms. Schwartz explained the reasons behind this, particularly as parents question the effectiveness of online learning.

**Issues covered:**  
Education  
Government  
Technology

**Length: 7:11**

Show # 2021-03

Date aired: 1/16/21 Time Aired: 6:30AM

**Ric Edelman**, personal finance expert, Chairman/CEO of Edelman Financial Services, LLC

Mr. Edelman has devised a plan he calls "baby bonds," targeting retirement security. The plan would act as a supplement to Social Security, but it could eventually replace it. The plan would not be at the expense of taxpayers or government borrowing. He said at birth, children would receive an account with \$7,500 via money from investors in government bonds, similar to Series EE bonds. He said an investment at birth in this type of proposal would grow to become the equivalent of an average person's Social Security benefit.

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

**Length: 8:44**

**Harrison Fell, PhD**, Associate Professor of Energy Economics at North Carolina State University

Prof. Fell shared the results of his recent study that found that the environmental benefits of renewable power generation vary significantly, depending on what type of conventional power generation that the renewable energy is replacing. He explained why environmental benefits often cross regional lines. He said he hopes that his findings will help target future renewable energy investments in places where they can have the greatest impact.

**Issues covered:**  
Renewable Energy  
Environment  
Government

**Length: 8:20**



Show # 2021-04

Date aired: 1/23/21 Time Aired: 6:30AM

**Jason Nagata, MD, MSc**, Assistant Professor of Pediatrics at the University of California, San Francisco

Dr. Nagata led a recent study that found a 25% increase in food insufficiency during the COVID-19 lockdowns. Food insufficiency, the most extreme form of food insecurity, occurs when families do not have enough food to eat. He found that black and Latino Americans had over twice the risk of food insufficiency compared to whites. He said hunger, exhaustion, and worrying about not getting enough food to eat may worsen depression and anxiety symptoms, but that free groceries from food banks and similar sources alleviated the mental health burden of food insufficiency.

**Issues covered:**

**Length: 7:36**

**Food Insufficiency**

**Mental Health**

**Minority Concerns**

**Charitable Contributions**

**Justin Ezekowitz, MBBCh, MSc**, Co-Director, Canadian VIGOUR Centre, Director of Cardiovascular Research and Professor in the Division of Cardiology at the University of Alberta

Prof. Ezekowitz led a study that found that women face a 20% higher risk than men of death or heart failure during the five years following a heart attack. He outlined the potential reasons for this trend and how it may be addressed. He said the increasing availability of new procedures to diagnose and treat heart attacks at smaller hospitals has improved survival rates for all patients.

**Issues covered:**

**Length: 9:38**

**Heart Disease**

**Women's Concerns**

Show # 2021-05

Date aired: 1/30/21 Time Aired: 6:30AM

**Henry A. Spiller, MS, D.ABAT.**, Director of the Central Ohio Poison Center at Nationwide Children's Hospital in Columbus, OH

Each day in the United States, Poison Control Centers receive an average of 32 calls about children exposed to prescription opioids. Dr. Spiller explained what child is most at risk, how adults can prevent children and adolescents from gaining access to these drugs, and how to properly dispose of unused prescriptions.

**Issues covered:**

**Length: 8:22**

**Poisoning Prevention**

**Drug Abuse**

**Mark K. Claypool**, founder and Chief Executive Officer of ChanceLight Behavioral Health, Therapy and Education, a provider of therapy and special education programs, author of "*How Autism is Reshaping Special Education: The Unbundling of IDEA*"

Autism diagnoses have skyrocketed in recent years. Mr. Claypool discussed some of the underlying reasons for the increase. He also explained why it is important for children with autism to receive special intervention at an early age. He said support systems for parents have improved dramatically in recent years.

**Issues covered:**

Autism  
Government Policies  
Education

**Length: 8:56**

Show # 2021-06

Date aired: 2/6/21 Time Aired: 6:30AM

**Michelle Macy, MD**, Pediatric Emergency Care Specialist at Lurie Children's Hospital of Chicago, Associate Professor of Pediatrics at Northwestern University Feinberg School of Medicine

Dr. Macy surveyed parents in Chicago during the early months of the pandemic and found that 23 percent of families were hesitant to seek emergency care for their child. She said the greatest reluctance was found in families of color. She offered examples of the most common ER visits that were left untreated and why this is such a great concern. She said that even nine months into the pandemic, ERs are still seeing far fewer patients than normal.

**Issues covered:**

Children's Health  
Parenting  
Minority Concerns  
COVID-19

**Length: 8:39**

**Carsten Prasse, PhD**, Professor of Environmental Health and Engineering at Johns Hopkins University

Most consumers are aware that chemicals are used in the process of water treatment to ensure that it is safe to drink. But they might not know that the use of some of these chemicals, such as chlorine, can also lead to the formation of hundreds of unregulated toxic byproducts. Prof. Prasse developed a method to find toxic chemicals in drinking water that could result in cleaner, safer taps.

**Issues covered:**

Water Quality  
Environment  
Personal Health

**Length: 8:44**

Show # 2021-07

Date aired: 2/13/21 Time Aired: 6:32AM

**Ted Rossman**, Industry Analyst at CreditCards.com

51% of U.S. adults with credit card debt, or about 51 million people, added to their credit card debt since March 2020. Mr. Rossman outlined that and other findings from his organization's survey of the economic effects of the pandemic lockdowns. He said millennial credit card debtors (ages 24-39) continue to be hit the hardest.

**Issues covered:**

Personal Finance  
Economy  
Government Policies

**Length: 9:42**

**Casey B. Mulligan, PhD**, Professor of Economics at the University of Chicago

Prof. Mulligan discussed the rising number what he calls of "deaths of despair," lives lost to suicides, alcohol-related deaths and especially drug overdoses. He explained how the deaths of elderly people diagnosed with COVID-19 differs from the loss of younger Americans to "deaths of despair" in 2020, particularly males between the ages of 15 and 55. He said it will take about a year to get additional data that will better explain possible causes.

Issues covered:

Drug Abuse  
Suicides  
COVID-19

Length: 7:32

Show # 2021-08

Date aired: 2/20/21 Time Aired: 6:30am

**Jeff Arnold**, consumer advocate, President of Rightsure Insurance Group, author of "*How to Beat Your Insurance Company*"

Mr. Arnold offered advice on how to negotiate the best deal possible on insurance, without sacrificing coverage. He explained that many insurance companies are now offering discounts, as drivers rack up fewer miles on the road. He also outlined the factors that consumers should consider when deciding whether they need life insurance or when to buy it.

Issues covered:

Consumer Matters  
Insurance

Length: 8:03

**Tova Sherman**, CEO, TED Speaker, with more than 25 years of experience in diversity and inclusion, author of "*Win, Win, Win!: The 18 Inclusion-isms You Need to Become a Disability Confident Employer*"

Ms. Sherman discussed the biggest mistakes made by managers in leading teams of employees with disabilities. She said while most employers are comfortable with employees who have physical disabilities, there are numerous other forms of disabilities that deserve support and accommodation. She said the software that employers use to screen resumes often utilizes traditional keywords that result in less diversity in the workplace.

Issues covered:

Disabilities  
Employment  
Diversity

Length: 8:58

Show # 2021-09

Date aired: 2/27/21 Time Aired: 6:30am

**Gregory Koufacos**, Licensed Clinical Alcohol and Drug Counselor who specializes in working with young men, Nationally Certified Recovery Coach, Founder & CEO of Velocity Mentoring, author of "*The Primal Method: A Book for Emerging Men*"

Social isolation related to the pandemic lockdowns has had a severe impact on teens and young adults, as research has detected more stress, anxiety and depression than other groups. Mr. Koufacos talked about the critical importance of providing support for young people. He also discussed the problems caused by limited schooling, and the surprising value of video gaming, outdoor activities and jobs for young men who are struggling.

**Issues covered:**

**Youth at Risk  
Mental Health  
Education  
Substance Abuse  
Suicide**

**Length: 9:06**

**Akito Y. Kawahara, PhD**, Associate Professor at the University of Florida, Curator of the Florida Museum of Natural History's McGuire Center for Lepidoptera and Biodiversity, research associate at the Smithsonian Institution, National Museum of Natural History

Prof. Kawahara shared a straightforward message: We can't live without insects. They're in trouble. And there's something all of us can do to help. He explained why everyone should be concerned by studies that sound the alarm about plummeting insect numbers and diversity. He offered simple steps that anyone can take to contribute to insect conservation.

**Issues covered:**

**Environment  
Climate Change**

**Length: 8:08**

Show # 2021-10

Date aired: 3/6/21 Time Aired: 6:30AM

**Jeremy Bailenson, PhD**, founding director of Stanford University's Virtual Human Interaction Lab, Thomas More Storke Professor in the Department of Communication

The use of virtual meetings has skyrocketed in the past year, with hundreds of millions of Zoom calls occurring daily. Prof. Bailenson discussed the feeling commonly known as "Zoom fatigue." He explained why current implementations of videoconferencing technologies are exhausting, and he explained how employees and companies can optimize their settings in videoconferences to decrease fatigue.

**Issues covered:**

**Workplace Matters  
Technology  
Mental Health**

**Length: 9:32**

**Laura Argys, PhD**, Professor of Economics, University of Colorado, Denver

Prof. Argys led a study that found that light pollution can increase the likelihood of a preterm birth by almost 13%. She explained why skyglow, the brightness of the night sky caused by light from sources like streetlamps, outdoor advertising, and buildings, can result in a higher chance of delivering a baby with a reduced birth weight, a shortened gestational length, and an increase in preterm births.

**Issues covered:**

**Personal Health  
Women's Issues**

**Length: 7:43**

Show # 2021-11

Date aired: 3/13/21 Time Aired: 6:30AM

**Sheryl Ryan, M.D., FAAP**, Professor of Pediatrics at the Yale University School of Medicine, Chair of the American Academy of Pediatrics' National Committee on Substance Abuse

33 states and Washington, D.C. now allow the use of marijuana for medical purposes, recreational use or both. Dr. Ryan was one of the authors of a report titled "Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana," which outlines why a relaxed attitude about the drug is dangerous and how parents should address the topic. She said marijuana is an addictive drug that can cause abnormal changes as teens' brains develop.

Issues covered:

Length: 9:48

Drug Abuse  
Parenting  
Government Policies

**James Noble, MD, MS**, Assistant Professor of Neurology at Columbia University Medical Center in New York City

Dr. Noble was the co-author of a recent study that found that female athletes appear to be significantly more likely than men to suffer concussions. He noted that once concussions occur, men and women experience them in very similar ways. He also discussed why most media attention on concussions seems to focus on men, despite the greater risk to women.

Issues covered:

Length: 7:27

Concussions  
Personal Health  
Women

Show # 2021-12

Date aired: 3/20/21 Time Aired: 6:30AM

**Bonnie Marcus**, Forbes Women, Global Gurus-honored executive, author of "Not Done Yet! How Women Over 50 Regain Their Confidence and Claim Workplace Power"

Ms. Marcus believes that age discrimination causes many professional women to pull back from performing any activities in the workplace that may draw attention to them. She said many older women believe that if they remain off the radar, they'll save themselves from hurtful and demeaning remarks about their age, along with scrutiny from colleagues and managers questioning if perhaps they've lost their relevance. She outlined ways that women can identify how they are holding themselves back.

Issues covered:

Length: 9:12

Age Discrimination  
Women's Issues  
Career

**Kui Xie**, Professor of Educational Studies at Ohio State University

Parents often fear that if their high school student isn't motivated to do well in classes, there's nothing that will change that. Prof. Xie led a study that found that students' academic motivation often does change - and usually for the better. He said that increasing students' sense of "belongingness" in school was one key way of increasing academic motivation.

**Issues covered:**

Education  
Parenting

**Length: 9:05**

Show # 2021-13

**Date aired:** 3/27/21 **Time Aired:** 6:30AM

**Ed Slott**, nationally recognized IRA and retirement planning expert, founder of IRAHelp.com, author of *"The New Retirement Savings Time Bomb: How to Take Financial Control, Avoid Unnecessary Taxes, and Combat the Latest Threats to Your Retirement Savings"*

Mr. Slott said that the typical retirement saver should mentally reduce their retirement savings by half, because taxes will take such a large bite from conventional IRAs and 401ks. He recommended utilizing Roth IRAs and 401ks whenever possible. He outlined the most common mistakes made when saving for retirement, and why he recommends having a life insurance policy as part of retirement planning strategies.

**Issues covered:**

Retirement Planning  
Taxes

**Length: 8:36**

**Achea Redd**, author of *"Authentic You: A Girl's Guide to Growing Up Fearless and True"*

Rates of suicide, bullying, eating disorders and other mental health challenges are rising dramatically among teenagers. Ms. Redd outlined the character traits that are critical to thrive as an adolescent, and what parents can do to help. She shared her personal story of how her physical health impacted her mental health, and how she is taking proactive steps to prevent her own daughter from developing eating disorders.

**Issues covered:**

Youth Mental Health  
Bullying  
Eating Disorders  
Parenting

**Length: 8:36**