

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

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 07/06/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW:
Guest: Howard Blitz

Issue: #1 Community
Events

Howard Blitz from the Freedom Library stopped by the station to join Cody Beeson to promote the upcoming scholarship opportunities offered by the Freedom Library. Twice each year the Freedom Library host classes that discuss the Constitution and Economics. These Classes are a staple that the Freedom Library is known for hosting and teaching. The classes are free to attend, however, books and materials are a nominal fee. The Constitution classes are held on Tuesday and the Economics classes are held on Thursdays. Each class offers two scholarships for education or travel, which makes for four scholarships total per semester. The only requirement for the scholarship is the student must have attended the class and write a two page paper about a topic from the class. For more information visit freedomlibrary.org

Date aired: 07/06/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW:
Guest: Howard Blitz

Issue: #7 Community
Service Organizations

Howard Blitz from the Freedom Library was in studio to discuss the fund raising opportunities and to solicit a call to action for potential board member for the Freedom Library. The Freedom Library is a nonprofit organization that is always in need of volunteers. The Freedom Library needs volunteers to help with book inventory, Liberty events setup and promotion, as well as class administration. If someone wants to help by making monetary contribution, that will help to keep The Freedom Library and its Education and Scholarship Program viable in teaching economics and the U.S. Constitution to continue to help all those interested to learn the principles of Liberty and how a free society makes for a more peaceful world. For more information visit freedomlibrary.org

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date Aired: 07/20/2019
Time Aired: 6:00 AM

Length: 15 min

TOPIC OF THIS SHOW: BBB of Yuma
Guest: John Hessinger

ISSUE: #7 Community Service
Organizations

The Better Business Bureau's John Hessinger; who is the community representative for the pacific region was able to stop by the studio to bring awareness to the scams that are currently going on in the Yuma community. Currently the most common scam that the BBB is hearing about is a telephone-based scam where the con impersonates the court, police or an utility company. The BBB reminds everyone if they receive a call to take down any details and call back after doing your own due diligence. Also never give any payment information over the phone. In addition to the telephone scams the BBB hears reports of more door-to-door scams appearing now that the community's winter visitor population is growing for the season. Remember if a door-to-door salesman stops at your door; ask to see their city business licenses.

Date Aired: 07/20/2019
Time Aired: 06:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Region
Bicycle Coalition
Guest: Gene Dolby

ISSUE: #7 Community Service
Organizations

Gene Dolby was in studio to discuss the past and future bicycle events in Yuma. The Yuma Region Bicycle Coalition's vision is to have safe and viable bicycling across our diverse community. Everyone is invited to come join them and your fellow cyclists on a weekend bike ride or to one of their monthly meetings. The Yuma Region Bicycle Coalition is responsible for promoting safe bike events in and around the Yuma community. The group has a goal of making Yuma a more bike friendly community with focusing on making bike safe roadways a priority for the local governments. There is never enough money for roadways and someone needs to be the advocate for the bike community, that advocate is the Yuma Region Bicycle Coalition. You will see and hear from this group anytime roadway construction is discussed and bike paths are always a part of the conversation thanks to the dedicated group members.

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date Aired: 07/27/2019
Time Aired: 6:00 AM

Length: 15 min

TOPIC OF THIS SHOW: BBB of Yuma
Guest: John Hessinger

ISSUE: #7 Community Service
Organizations

The Better Business Bureau's John Hessinger; who is the community representative for the pacific region was able to stop by the studio to bring awareness to the scams that are currently going on in the Yuma community. Currently the most common scam that the BBB is hearing about is a telephone-based scam where the con impersonates the court, police or an utility company. The BBB reminds everyone if they receive a call to take down any details and call back after doing your own due diligence. Also never give any payment information over the phone. In addition to the telephone scams the BBB hears reports of more door-to-door scams appearing now that the community's winter visitor population is growing for the season. Remember if a door-to-door salesman stops at your door; ask to see their city business licenses.

Date Aired: 07/27/2019
Time Aired: 06:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Region
Bicycle Coalition
Guest: Gene Dolby

ISSUE: #7 Community Service
Organizations

Gene Dolby was in studio to discuss the past and future bicycle events in Yuma. The Yuma Region Bicycle Coalition's vision is to have safe and viable bicycling across our diverse community. Everyone is invited to come join them and your fellow cyclists on a weekend bike ride or to one of their monthly meetings. The Yuma Region Bicycle Coalition is responsible for promoting safe bike events in and around the Yuma community. The group has a goal of making Yuma a more bike friendly community with focusing on making bike safe roadways a priority for the local governments. There is never enough money for roadways and someone needs to be the advocate for the bike community, that advocate is the Yuma Region Bicycle Coalition. You will see and hear from this group anytime roadway construction is discussed and bike paths are always a part of the conversation thanks to the dedicated group members.

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 08/03/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Murder on the
Orient Express
Guest: Bobby J. Keim

Issue: #1 Community
Events

Bobby Keim joined Cody Beeson in studio to discuss and promote the upcoming open auditions for the new live presentation by Yuma Community Theater. Their newest show will be, "Murder on the Orient Express." Keim is excited because the rights to produce this story as a live show have just become available and he wants to put together a production that will be viewed around the world. Bobby Keim will be the director but he is looking for all kinds of support volunteers as well as a full cast and crew. The auditions are open to anyone that can make it to the try outs and can dedicated the time over the next four months to seeing this production come to life. For more information visit their Facebook page for the upcoming dates and times.

Date aired: 08/03/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Coaching
Guest: Eric Patten

Issue: #1 Community
Events

Eric Patten from Yuma Union High School District was in studio to promote they are bringing NBA champion and longtime Boston Celtics and L.A. Clippers assistant coach Kevin Eastman to Yuma. Eastman will be presenting to Yuma-area student-athletes and parents on Tuesday, August 6th at the Kofa High School Auditorium. The presentation will take place from 5:30-7:00 p.m. and is open to all Yuma-area families and students. Eastman will talk about the responsibility of being an athlete, how to be the best teammate, how to develop yourself as an athlete and person, and share his experience as a parent and coach. The session will include a question-and-answer portion at its conclusion. There is no cost to attend this event.

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 08/10/2019
Time Aired: 6:00 AM.

Length: 15 Min.

TOPIC OF THIS SHOW: Warrant Scams
Guest: Sergeant Lori Franklin

Issue: #5 Government

Sergeant Lori Franklin was in studio to discuss a new scam that involves warrants. The scammers are asking people to take a picture of their debit card to send to them. Scammers are now contacting citizens by email pretending to be court officials. They are telling the victims that a warrant exists for their arrest and they are attaching fake court documents. The scammers are using names of actual court employees to make the email seem legitimate. The email asks the individuals to take pictures of their debit cards and to email the images to them. The victims are then advised to mail the debit cards to a valid court address, lending to the perceived credibility of the process while scammers use the info from the photos to obtain funds immediately. The debit cards, which are now empty of funds, then arrive at the government office days later.

Date aired: 08/10/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: United Way of
Yuma County
Guest: Karina Jones

Issue: #1 Community
Events

Karina Jones the CEO and President of the United Way of Yuma County stopped by the station to promote an upcoming collaboration that the United Way has with the local Hyundai dealership. Jones stated she is so grateful for the one-of-a-kind partnership with Hyundai of Yuma, Kia of Yuma and Genesis of Yuma. For every car sold they will donate a percentage towards the local United Way of Yuma. This event will kick off on September 4th and the check presentation will take place after all the sales have been added up over the weekend. These funds are important said Jones, they will help cover the costs of funding critical programs only in Yuma County, it's important to stress the funds raised in Yuma will stay to benefit those in the Yuma Community.

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 08/17/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Warrant Scams
Guest: Sergeant Lori Franklin

Issue: #5 Government

Sergeant Lori Franklin was in studio to discuss a new scam that involves warrants. The scammers are asking people to take a picture of their debit card to send to them. Scammers are now contacting citizens by email pretending to be court officials. They are telling the victims that a warrant exists for their arrest and they are attaching fake court documents. The scammers are using names of actual court employees to make the email seem legitimate. The email asks the individuals to take pictures of their debit cards and to email the images to them. The victims are then advised to mail the debit cards to a valid court address, lending to the perceived credibility of the process while scammers use the info from the photos to obtain funds immediately. The debit cards, which are now empty of funds, then arrive at the government office days later.

Date aired: 08/17/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: United Way of
Yuma County
Guest: Karina Jones

Issue: #1 Community
Events

Karina Jones the CEO and President of the United Way of Yuma County stopped by the station to promote an upcoming collaboration that the United Way has with the local Hyundai dealership. Jones stated she is so grateful for the one-of-a-kind partnership with Hyundai of Yuma, Kia of Yuma and Genesis of Yuma. For every car sold they will donate a percentage towards the local United Way of Yuma. This event will kick off on September 4th and the check presentation will take place after all the sales have been added up over the weekend. These funds are important said Jones, they will help cover the costs of funding critical programs only in Yuma County, it's important to stress the funds raised in Yuma will stay to benefit those in the Yuma Community.

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 08/24/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: AWC Judo Classes
Guest: Joe Murek

Issue: #3 Education

Joe Murek stopped by the station to promote the Judo class he is the instructor for at Arizona Western College. Judo is known as a "gentle way" type of martial arts and therefore anyone at any skill level can join the class. Murek, a 5th degree Black Belt (Go Dan) is a retired Marine who learned Judo while stationed in Japan from 1972 to 1975. His first exposure to Judo was during college. His true understanding of the sport as a way of life was instilled during his lessons in Japan. Murek's classes meet the requirement for Physical Fitness for the degree-seeking student but are open to the community at large. These martial art styles offer physical fitness, self-defense, build confidence, teach self-defense, instill values of respect and build character. Classes start this Fall.

Date aired: 08/24/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Humane Society of Yuma
Guest: Annette Lagunas & Kacey Lambert

Issue: #1 Community Events

Annette Lagunas, Executive Director of the Humane Society of Yuma and Kacey Lambert, Director of Development for the Humane Society of Yuma, stopped by the station to promote the 13th annual Fur Ball Gala. Don't miss out on your chance to attend the Humane Society's most prestigious event. Tickets are currently on sale and tables are filling up, there are still a limited number of tables available for sponsorship. Register today to take part in a Night at the Pawpera; an evening of food, drinks silent and live auctions as well as live performances from the Yuma Jazz Band, Yuma String Ambassadors with Melody Dunn for a special opera performance and Side Hustle. Tickets can be purchased from the Humane Society of Yuma thrift store or at the Humane Society of Yuma offices and shelter.

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 08/31/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Binational
Bicycle Ride
Guest: Mayor Douglas Nicholls

Issue: #1 Community
Events

Mayor Douglas Nicholls joined Cody Beeson in studio to invite the community to the fourth annual binational bike ride. Join area leaders, community members and the mayor for the Fourth Mayors' Binational Bicycle Ride on Saturday, October 19th. Cyclists will ride with us at a leisurely pace through the 4FrontED mega-region. It is one more way to celebrate the border region we live in with partners from across the states of Arizona, Baja California, California and Sonora. This bike ride will make stops along the way in the different cities and towns along the route before ultimately ending in San Luis, Mexico. There is no cost to participate in this event however; participants are encouraged to register in advance. There is limited number of t-shirts reserved for the first 300 riders. Visit the facebook page for Mayor Douglas Nicholls for more information.

Date aired: 08/31/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Emergency Planning
Month
Guest: Mike Erfert

Issue: #1 Community
Events

Mike Erfert, Public Information Officer for the City of Yuma Fire Department stopped by the station to promote the month of September as Emergency Planning Month. Emergencies happen everyday it is just the size of those emergencies that determine if they impact individuals, families, neighborhoods, or whole communities. Mike suggests have a plan and practice it at least once a year. Know the location of the main electrical circuit breaker as well as the water and gas valves. Training is also offered from the Fire Department, if any organization wants to have their staff trained on simple CPR and First Aid techniques Mike is more than willing to facilitate a training session at no cost. For more information follow the City of Yuma Fire Department on Facebook.

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 09/07/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Binational
Bicycle Ride
Guest: Mayor Douglas Nicholls

Issue: #1 Community
Events

Mayor Douglas Nicholls joined Cody Beeson in studio to invite the community to the fourth annual binational bike ride. Join area leaders, community members and the mayor for the Fourth Mayors' Binational Bicycle Ride on Saturday, October 19th. Cyclists will ride with us at a leisurely pace through the 4FrontED mega-region. It is one more way to celebrate the border region we live in with partners from across the states of Arizona, Baja California, California and Sonora. This bike ride will make stops along the way in the different cities and towns along the route before ultimately ending in San Luis, Mexico. There is no cost to participate in this event however; participants are encouraged to register in advance. There is limited number of t-shirts reserved for the first 300 riders. Visit the facebook page for Mayor Douglas Nicholls for more information.

Date aired: 09/07/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Emergency Planning
Month
Guest: Mike Erfert

Issue: #1 Community
Events

Mike Erfert, Public Information Officer for the City of Yuma Fire Department stopped by the station to promote the month of September as Emergency Planning Month. Emergencies happen everyday it is just the size of those emergencies that determine if they impact individuals, families, neighborhoods, or whole communities. Mike suggests have a plan and practice it at least once a year. Know the location of the main electrical circuit breaker as well as the water and gas valves. Training is also offered from the Fire Department, if any organization wants to have their staff trained on simple CPR and First Aid techniques Mike is more than willing to facilitate a training session at no cost. For more information follow the City of Yuma Fire Department on Facebook.

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 09/14/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 72 Hour
Emergency Kit
Guest: Mike Erfert

Issue: #3 Education

Mike Erfert, Public Information Officer for the City of Yuma Fire Department stopped by the radio station to discuss the importance of having a 72-hour kit. Building and maintaining a kit that has all the basic necessities in case you are displaced for up to three days is actually pretty easy. Mike suggests a minimum of one gallon of water per person per day, a first aid kit, first aid book, watch or clock, blankets, radio, critical medications and glasses, fire extinguisher (multipurpose dry chemical labeled "ABC") and of course a flash light and extra batteries. Canned food or dehydrated meals are just as important to keep in the kit as well. A full document has been developed by Mike and is available for free from the City of Yuma Fire Department website. For more information follow the City of Yuma Fire Department on Facebook.

Date aired: 09/14/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YCT Presale
Tickets
Guest: Bobby Keim & Forrest Straley

Issue: #1 Community
Events

Bobby Keim & Forrest Straley (in character as Hercule Poirot) joined Cody Beeson in studio to promote release of tickets for the fall production of Yuma Community Theater's presentation of "Murder on the Orient Express." The characters have been cast and now it's time to let the Yuma community know that tickets are available for sale this weekend for this very limited show. The main cast includes Forrest A. Straley as Hercule Poirot, Sam Cervantes as Monsieur Bouc, Erica Mckissack as Helen Hubbard, Alexandria Ponce as Mary Debenham, and Eddie G. Pinson as Colonel Arbuthnot. The show takes place at the historic St. Paul's Church for a limited showing over three weekends. For more information visit their Facebook page for the upcoming dates and times.

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 09/21/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Education
Advocacy Council
Guest: Tom, Tyree, Erin Echelson, Liz

Issue: #3 Education

Tom Tyree, Yuma County School superintendent brought Erin Echelson and Liz Salazar from Expect More Arizona into the studio with Cody Beeson to discuss the progress Arizona has been having in moving the K-12 education to world class standards. One of the most important accomplishments has been the conversation that the organization has been having with policymakers and other leaders in the state regarding public education. On a local level the Yuma Education Advocacy Council is the group that promotes the movement towards better education. Both of these groups request input from the local communities and that input will guide the discussion moving forward. In Yuma County, superintendent Tyree has been making progress discussing the issues with the local state representatives and senators.

Date aired: 09/21/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Education
Advocacy Council (Part 2)
Guest: Tom, Tyree, Erin Echelson, Liz

Issue: #3 Education

The Yuma Education Advocacy Council shares the same goal as Expect More Arizona and can utilize the resources of each other. One of the critical elements to the solution is the Education Attainment numbers released by Expect More AZ. We are seeing a larger number of high school graduates obtain college degrees. Arizona's community colleges are playing a vital role in helping reach the statewide goal of 60% attainment by 2030. In fall 2017, 34 percent of undergraduate students in the U.S. attended public two-year colleges. Of all part-time undergraduates in the U.S., 58 percent attended public two-year colleges. These numbers are holding true for Arizona as well. The goal still needs to be reached, however, it is a great news to see Arizona on track to reach the goal of 60% attainment by 2030. For more information visit expectmorearizona.org

KQSR

3rd Qtr 2019 Quarterly Issues and Program Report

Date aired: 09/28/2019
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: HSOY Rabies Clinic
Guest: Annette Lagunas & Kacey Lambert

ISSUE: #7 Community
Service Organizations

Annette Lagunas, Executive Director of the Humane Society of Yuma and Kacey Lambert, Director of Development for the Humane Society of Yuma, stopped by the station to raise awareness of the services offered at the Humane Society of Yuma. Annette and Kacey specifically discussed the rabies clinics for dogs and cats. The Humane Society of Yuma is the organization in Yuma County that handles rabies cases and the most preventable method is to get your pets vaccinated on a regular basis. With 5500 square miles of land in Yuma County, it sometimes can be difficult to respond to the needs of such a large territory, if pet owners can be proactive then that reduces the overall number of cases countywide. Clinics and vouchers are offered for assistance if needed. For more information contact HSOYuma.com

Date aired: 09/28/2019
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: High Power Rifle
and Pistol Club of Yuma
Guest: Joe Murek

ISSUE: #7 Community
Service Organizations

Joe Murek from the High Power Rifle and Pistol Club of Yuma joined Cody Beeson in studio to discuss the club and as well as the good the club does in educating the community. The goal of the High Powered Rifle & Pistol Club of Yuma is to promote Rifle and Pistol Marksmanship through local practice and competitive matches. The High Powered Rifle & Pistol Club of Yuma grants the privilege of membership to individuals and organizations committed to this objective. Membership is open to all persons who are legal residents of the United States and are of good moral character who may lawfully own firearms (including minors with adult supervision). For more information visit www.hprifleyuma.com.



Weekly Public Affairs Program

Call Letters: KQSR-FM

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2019

Show # 2019-27

Date aired: 7/6/19 Time Aired: 6:30AM

Martin Gibala, PhD, 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.

Issues covered:
Personal Health

Length: 8:52

Chris Melde, PhD, 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.

Issues covered:
Youth at Risk
Mental Health
Crime

Length: 8:24

Matthias Hollwich, 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.

Issues covered:
Home Safety
Retirement Planning
Senior Citizens

Length: 4:55

Show # 2019-28

Date aired: 7/13/19 Time Aired: 6:30AM

Claire Nee, PhD, Director of the International Centre for Research in Forensic Psychology, University of Portsmouth, UK

Prof. Nee 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.

Issues covered:
Crime Prevention

Length: 9:15

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*"

Mr. Alidina 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.

Issues covered:
Discrimination
Workplace Matters

Length: 8:04

Chick Moorman, educator, co-author of "*The 10 Commitments: Parenting with Purpose*"

Mr. Moorman 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.

Issues covered:
Parenting Issues
Education
Family

Length: 4:49

Show # 2019-29

Date aired: 7/20/19 Time Aired: 6:30AM

Bart de Langhe, PhD, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder

Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe 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.

Issues covered:
Consumer Matters

Length: 8:06

W. David Brown, PhD, DABSM, CBSM, Sleep Psychologist at Children's Medical Center, Dallas, co-author of "*Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed*"

Many Americans believe that less sleep equals more productivity. But Dr. Brown 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.

Issues covered:
Personal Health
Career

Length: 9:01

Judith Prochaska, PhD, MPH, Associate Professor of Medicine, Stanford University School of Medicine

Dr. Prochaska 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.

Issues covered:
Unemployment
Personal Health

Length: 5:03

Show # 2019-30

Date aired: 7/27/19 Time Aired: 6:30AM

Tyler J. VanderWeele, PhD, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University

Those who attend church services on a regular basis may receive more than just spiritual benefits—they may live longer. Dr. VanderWeele 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.

Issues covered:
Personal Health
Religion

Length: 8:48

Kostadin Kushlev, PhD, psychology research scientist, University of Virginia

Smartphones have become part of everyday life. Dr. Kushlev 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.

Issues covered:
Mental Health
Consumer Matters

Length: 8:27

Carl Cotman, PhD, Professor of Neurology and Neurobiology, Director of the Institute for Brain Aging and Dementia, University of California, Irvine

Dr. Cotman 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.

Issues covered:

Alzheimer's' Disease
Health Issues
Senior Issues

Length: 4:56

Show # 2019-31

Date aired: 8/3/19 **Time Aired:** 6:30AM

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.

Issues covered:

Domestic Abuse
Women's Issues

Length: 9:05

Matt Fellowes, founder and CEO of United Income, a retirement-focused online investment management and financial planning company based in Washington, D.C.

Mr. Fellowes 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.

Issues covered:

Retirement Planning
Personal Finance
Government Programs

Length: 8:12

Jason Forman, PhD, Principal Scientist at the Center for Applied Biomechanics at the University of Virginia

Dr. Forman 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.

Issues covered:

Traffic Safety
Women's Issues
Senior Citizens

Length: 5:03

Show # 2019-32

Date aired: 8/10/19 Time Aired: 6:30AM

Charee Thompson, PhD, Assistant Professor of Communication Studies at Ohio University

Dr. Thompson 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.

Issues covered:

**Substance Abuse
Education
Social Media**

Length: 6:52

Iris Bohnet, PhD, 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, 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.

Issues covered:

**Gender Equality
Women's Issues
Workplace Matters**

Length: 10:17

Matthew J. Quade, PhD, Assistant Professor in the Department of Management at the Hankamer School of Business, Baylor University

Unethical behaviors by employees can tarnish an organization's reputation, lead to considerable monetary losses, and even result in legal prosecutions. Dr. Quade 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 examine how they prioritize performance over ethics.

Issues covered:

**Ethics
Workplace Matters**

Length: 4:56

Show # 2019-33

Date aired: 8/17/19 Time Aired: 6:30AM

Susan Frankel, Executive Director at National Runaway Safeline

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 offers to help.

Issues covered:

**Youth at Risk
Homelessness
Parenting**

Length: 9:40

William Chopik, PhD, Associate Professor of Psychology at Michigan State University

Prof. Chopik led a study 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.

Issues covered:

Length: 7:37

**Disabilities
Discrimination**

Julius McGee, PhD, Assistant Professor of Sociology in the College of Liberal Arts and Sciences at Portland State University

Efforts to replace fossil fuels with renewable energy sources can help lower carbon emissions. However, Prof. McGee led a recent study 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.

Issues covered:

Length: 4:53

**Renewable Energy
Poverty
Government Policies**

Show # 2019-34

Date aired: 8/24/19 **Time Aired:** 6:30AM

Will McCallum, Head of Oceans at Greenpeace UK, author of "*How to Give Up Plastic: A Guide to Changing the World, One Plastic Bottle at a Time*"

Humans produce over 300 million tons of plastic each year, with 12.7 million tons ending up in our oceans. Mr. McCallum 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.

Issues covered:

Length: 9:40

**Pollution
Recycling
Consumer Matters**

Joanne Lara, M.A., autism expert, former special education teacher, Executive Director of the organization "Autism Works Now"

Up to 85 percent of autistic adults are either unemployed or underemployed. Ms. Lara's organization 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.

Issues covered:

Length: 7:37

**Autism
Employment
Discrimination**

Joseph Palamar, PhD, Associate Professor in the Department of Population Health at the NYU School of Medicine

Prof. Palamar led a study 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.

Issues covered:
Drug Abuse
Youth at Risk

Length: 4:53

Show # 2019-35

Date aired: 8/31/19 Time Aired: 6:30AM

Leslie Stahl, longtime reporter for 60 Minutes, author of *"Becoming Grandma: The Joys and Science of the New Grandparenting"*

Ms. Stahl discussed the profound changes and emotions experienced when someone becomes a grandparent. She talked about the physiological changes that occur in women when they have grandchildren, and the therapeutic effects of grandchildren on both grandmothers and grandfathers. She also explained how heartbreakingly common it is for grandparents to be denied access to their grandchildren.

Issues covered:
Family Matters
Senior Citizens

Length: 9:15

Kevin Kelly, co-founder and former executive editor of Wired magazine, author of *"The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future"*

Mr. Kelly discussed twelve technological imperatives that he believes will shape the next thirty years and transform our lives. He is optimistic about innovations, from virtual reality in the home to an on-demand economy to artificial intelligence embedded in everything we manufacture. He offered advice to young people who are plotting educational and career paths in a rapidly-changing tech environment.

Issues covered:
Technology
Education
Privacy
Career

Length: 7:55

Edward G. Brown, author of *"The Time Bandit Solution: Recovering Stolen Time You Never Knew You Had"*

According to Mr. Brown, 40 to 60% of time at work is squandered by time bandits—co-workers who demand precious time without thinking. He offered suggestions on how to negotiate with time bandits to prevent unwanted, unnecessary and unproductive interruptions.

Issues covered:
Workplace Matters
Productivity

Length: 5:04

Show # 2019-36

Date aired: 9/7/19 Time Aired: 6:30AM

Emily Oster, PhD, Professor of Economics at Brown University, author of "*Cribsheet: A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool*"

An abundance of often-conflicting advice is usually hurled at new parents from doctors, family, friends, and strangers on the internet. Dr. Oster examined some of this standard advice, compared it to scientific research and found that the conventional wisdom is often wrong. She offered advice to help new moms and dads to be better and more relaxed parents.

Issues covered:
Parenting

Length: 7:31

Roy Ramthun, M.A., Founder and President of HSA Consulting Services and the web site AskMrHSA.com

Mr. Ramthun discussed the merits of Health Savings Accounts and how they compare to traditional insurance. He said more Americans should be willing to ask what a medical procedure or medication costs, then shop around to be sure they are not overpaying. He explained how to search for an HSA insurance policy and its companion savings account.

Issues covered:
Healthcare
Consumer Matters

Length: 9:46

Joel E. Segel, PhD, Assistant Professor of Health Policy and Administration at Penn State University

The devastating consequences of the opioid crisis are far-reaching in the United States. Prof. Segel was a co-author of a study that examined the costs to society in general and to state and local budgets in particular. He said the most significant impact to taxpayers was treatment costs borne by the Medicare programs run by states, and lost tax revenue from people who exited the workforce because of addictions.

Issues covered:
Government Spending
Drug Abuse
Medicare

Length: 5:02

Show # 2019-37

Date aired: 9/14/19 Time Aired: 6:30AM

Frank Abagnale, former professional imposter, fraud prevention expert, consultant and lecturer for the FBI academy and field offices, author of "*Scam Me If You Can: Simple Strategies to Outsmart Today's Rip-off Artists*"

Mr. Abagnale discussed the most common scams targeting American consumers. He said scams themselves have changed very little through the years, but the technology used to target victims has improved dramatically. He said millennials are scammed more often than seniors, but seniors typically lose more money. He offered advice for consumers to protect themselves from scammers.

Issues covered:
Crime
Identity Theft
Consumer Matters

Length: 9:07

Amy Serin, PhD, neuropsychologist, author of *"The Stress Switch: The Truth About Stress and How to Short-Circuit It"*

Dr. Serin discussed the increasing levels of stress in today's everyday life, and the most common causes of it. She said excessive use of social media can trigger insecurities and depression. She said most of the time, people aren't even aware that they are stressed. She outlined steps to take for stress relief.

Issues covered:
Mental Health

Length: 8:04

Hank Green, YouTube star and STEM education proponent

Jobs related to STEM – science, technology, engineering and mathematics – are expected to continue growing, but the United States doesn't have enough workers with the skills to fill those roles. Mr. Green explained why STEM skills are so important for the future workforce, and how parents can encourage their youngsters to pursue STEM careers.

Issues covered:
Education
Employment
Parenting

Length: 5:02

Show # 2019-38

Date aired: 9/21/19 **Time Aired:** 6:30AM

Maria Russo, Children's Books Editor of the New York Times Book Review, co-author of *"How to Raise A Reader"*

Ms. Russo explained the importance of child literacy, and the steps parents can take to raise a reader in an age when screens are competing for a child's attention. She said any form of book is fine, including audio books, graphic novels and comic books. She explained why it is important to begin reading to children at the youngest age possible, and offered ideas on how to engage a reluctant reader.

Issues covered:
Literacy
Parenting
Education

Length: 9:22

Barbara Hemphill, founder of The Productive Environment Institute, former President of the National Association of Productivity & Organizing Professionals, author of the *"Taming the Paper Tiger"* book series by Kiplinger's, and the more recent book is *"Less Clutter, More Life."*

A recent study found that business owners, executives and entrepreneurs waste 21.8 hours a week on everything from internet surfing to useless meetings. Ms. Hemphill said the biggest productivity black hole for anyone is e-mail. She outlined the reasons that people lose focus at work and steps they can take to be less distracted.

Issues covered:
Workplace Matters
Productivity

Length: 8:01

Rebecca Bigler, PhD, Professor Emerita at the University of Texas at Austin

Prof. Bigler was part of a team of researchers that sought to learn more about the political development of the nation's children. The study found that children demonstrated a surprisingly high level of interest in and knowledge about the most recent presidential election and candidates, but many had gaps in their knowledge. She offered advice for parents to help their children learn more about civics and the election process, particularly heading into the next presidential election.

Issues covered:
Civics and Citizenship
Parenting

Length: 5:11

Show # 2019-39

Date aired: 9/28/19 **Time Aired:** 6:30 AM

Caitlin M. Zaloom, PhD, Associate Professor of Social and Cultural Analysis at New York University

The average annual price tag for attending a private, four-year American college is now nearly \$50,000. Prof. Zaloom led a study that found that paying for college is taking a toll on middle-class families in ways that are more profound and less appreciated than even the financial cost conveys. She said that shouldering the weight of paying for college is often seen by parents as a moral obligation to their children.

Issues covered:
Education
Personal Finance
Parenting

Length: 9:34

Bridget Freisthler, PhD, Professor of Social Work at Ohio State University

54 percent of adults who use marijuana in the United States are parents. Prof. Freisthler led a study that found that parents who use marijuana utilize more discipline techniques on their children on average than non-users, ranging from timeouts to, in some cases, physical abuse. She found that the same was true of alcohol users. She said that with the growing acceptance of marijuana in American society, users need to be aware that the drug affects numerous forms of behavior, including parenting.

Issues covered:
Substance Abuse
Child Abuse
Parenting

Length: 7:30

Tracy McCubbin, author of *"Making Space, Clutter Free: The Last Book on Decluttering You'll Ever Need"*

Ms. McCubbin talked about the value of teaching organization skills to children during back to school time. She offered numerous tips for parents to clear the clutter as kids start the new school year, including how to decide what to donate or discard, and the importance of an organized desk.

Issues covered:
Parenting
Education

Length: 5:07