

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**

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 07/03/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Fireworks
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert, Public Information Officer with the Yuma Fire Department requested time to discuss the latest news and updates for the fire department's Independence Day activities happening on July 4th this year. Erfert wants to remind everybody that fireworks that leave the ground such as mortars, bottle rockets, Roman candles, are illegal in Arizona. Arizona is experiencing an extremely dry season and illegal fireworks and even regular fireworks can cause wildfires in house fires.

The topic of water safety was also discussed as now is the season to see increased groundings that are preventable with adult supervision and basic responsibility.

Date aired: 07/03/2021
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YPD 4th of July
Guest: Ashley McKinney

Issue: #5 Government

Ashley McKinney public safety technician with a Yuma Police Department public information office came on the radio to discuss the Fourth of July holiday and DUI enforcement detail happening this year.

Ashley wanted to remind everybody that the fireworks that leave the ground are illegal please do not fire shots into the air as that's also illegal and reckless and dangerous. Please observe all firework laws as Arizona is extremely dry and wildfires are currently burning in other parts of the state. Yuma being a dry environment is susceptible to wildfires and illegal fireworks that fly in the air are an extremely easy way to start a wildfire. Macclenny also shared about the DUI enforcement detail that will be happening over the Fourth of July weekend.

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 07/10/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YPD Hiring
Guest: Ashley McKinney

Issue: #5 Government

Ashley McKinney public safety technician with a Yuma Police Department public information office came on the radio show to discuss the hiring incentives for the Yuma Police Department. Right now the Yuma Police Department is seeking to hire people in all departments. Sworn officers are needed both transfers and new recruits. Also needed are dispatchers to call and process 911 request. Evidence technicians to collect and process evidence. Animal control officers as well as traffic investigators. All civilian departments assist the police officers in some fashion. Every civilian that is taking a report or handling traffic or animal control calls frees up a sworn officer to continue patrolling and responding to emergency situation.

Date aired: 07/10/2021
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Better Business
Bureau Update
Guest: John Hessinger

Issue: #7 Community
Service Organizations

John Hessinger with the Better Business Bureau and Yuma Arizona in El Centro California called in to the station to discuss with Cody Beeson the current happenings at the Better Business Bureau locally. Hessinger wanted to share the resources available to any small business members and nonmembers alike. Any small business can and should claim a Better Business Bureau profile to help respond to reviews and engage their customers.

Hessinger also explained the opportunities for partnerships and programs available to BBB members. Any small business can join the BBB and start taking advantage of the marketing and opportunities to strengthen their community relationships. Contact John Hessinger for more information.

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 07/17/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YPD Hiring
Guest: Ashley McKinney

Issue: #5 Government

Ashley McKinney public safety technician with a Yuma Police Department public information office came on the radio show to discuss the hiring incentives for the Yuma Police Department. Right now the Yuma Police Department is seeking to hire people in all departments. Sworn officers are needed both transfers and new recruits. Also needed are dispatchers to call and process 911 request. Evidence technicians to collect and process evidence. Animal control officers as well as traffic investigators. All civilian departments assist the police officers in some fashion. Every civilian that is taking a report or handling traffic or animal control calls frees up a sworn officer to continue patrolling and responding to emergency situation.

Date aired: 07/17/2021
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Better Business
Bureau Update
Guest: John Hessinger

Issue: #7 Community
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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 07/24/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YFD Water Safety
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert public information officer with the Yuma fire department was in studio to discuss with Cody Beeson the importance of water safety during the summer months. We are currently in monsoon season up until September 30 and Erfert wanted to stress the importance of knowing how to deal with flash floods and other critical water safety issues that occur during this time. For example it only takes a few inches of water to knock somebody off their feet or even move a vehicle that's in a valley. Flash floods are dangerous and occur without warning. In addition to discussing the monsoon season the topic of pool and water safety came up as well. At this time it is of the utmost importance that everybody has a responsibility to watch small children when they are around water. Swimming pools should have fence is built around them and floaties are not a life-saving device.

Date aired: 07/24/2021
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: HPR&P Club of Yuma
Guest: Joe Murk & Cal Richardson

Issue: #7 Community
Service Organizations

Joe Murk and Cal Richardson of the high power rifle and pistol club of Yuma came on the radio to discuss the club and events that is hosting. The high power rifle and pistol club of Yuma is a 501(c)(3) nonprofit organization dedicated to educating and practicing the sport of competitive long distance shooting. The club meets on Saturdays at Adair Range on the thousand-yard range. The club has vintage service rifle matches held on Saturdays once a month. Pistol match is on most Saturdays. Check the website for more information.

The junior program is open to anyone 12 to 17 years in age that would like to participate in the sport. Memberships are only \$10 for juniors and 25 for normal members. For more information look at HP rifle you might.com or call Joe.

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 07/31/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YFD Water Safety
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert public information officer with the Yuma fire department was in studio to discuss with Cody Beeson the importance of water safety during the summer months. We are currently in monsoon season up until September 30 and Erfert wanted to stress the importance of knowing how to deal with flash floods and other critical water safety issues that occur during this time. For example it only takes a few inches of water to knock somebody off their feet or even move a vehicle that's in a valley. Flash floods are dangerous and occur without warning. In addition to discussing the monsoon season the topic of pool and water safety came up as well. At this time it is of the utmost importance that everybody has a responsibility to watch small children when they are around water. Swimming pools should have fence is built around them and floaties are not a life-saving device.

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 08/07/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: AWC Judo
Guest: Joe Murk and Joe Perez

Issue: #3 Education

Joe Murk and Joe Perez with the Arizona Western College judo and Jiu Jitsu program came on the radio to discuss the fall class happening in August 2021. Coed judo/jujitsu AWC fall class 2021 PR 145 - 500 beginning two credits PR146 Dash 500 advanced two credits August 17 through December 9, 202 one 6 PM to 8:30 PM Tuesdays and Thursdays evenings. For more information call Joe at 6 to 7 4556 classes start Tuesday, August 17, 2021 location Woodard Junior high school 2250 S. 8th Ave.

Instructor Joe Murk judo 7th degree black belt third-degree black belt Japanese jujitsu certified USGA master range examiner certified US due to national referee and certified WSHU Continental coach.

Date aired: 08/07/2021
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #7 Community Service Organizations

Howard Blitz Executive Director with the Freedom Library in Yuma Arizona came on to discuss the current fundraiser and community project of bringing the Statue of Liberty to Yuma. The freedom library has commissioned an artist to design and create a Statue of Liberty replica that will be featured in the community. The freedom library intends to bring Lady liberty to Yuma and give her as a gift to the community.

For more information or to make a contribution or assist in anyway please visit freedomlibrary.org or reach out to Howard directly.

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 08/14/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: AWC Judo
Guest: Joe Murk and Joe Perez

Issue: #3 Education

Joe Murk and Joe Perez with the Arizona Western College judo and Jiu Jitsu program came on the radio to discuss the fall class happening in August 2021. Coed judo/jujitsu AWC fall class 2021 PR 145 - 500 beginning two credits PR146 Dash 500 advanced two credits August 17 through December 9, 202 one 6 PM to 8:30 PM Tuesdays and Thursdays evenings. For more information call Joe at 6 to 7 4556 classes start Tuesday, August 17, 2021 location Woodard Junior high school 2250 S. 8th Ave.

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Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #7 Community
Service Organizations

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 08/21/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Regional
Bicycle Coalition
Guest: Gene Dalbey

Issue: #7 Community
Service Organizations

Gene Dalbey president of the board for the Yuma Regional Bicycle Coalition was able to share the latest information regarding the bicycle coalition's progress in the Yuma community. This includes the development and planning for bicycle roads bicycle paths and bicycle lanes in and around Yuma County.

Gene encourages everybody to safely take it vantage of the bike opportunities in and around Yuma. Biking to work or for recreation helps improve our physical conditions as well as our mental state of mine as well.

Date aired: 08/21/2021
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #7 Community
Service Organizations

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 08/28/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Regional
Bicycle Coalition
Guest: Gene Dalbey

Issue: #7 Community
Service Organizations

Gene Dalbey president of the board for the Yuma Regional Bicycle Coalition was able to share the latest information regarding the bicycle coalition's progress in the Yuma community. This includes the development and planning for bicycle roads bicycle paths and bicycle lanes in and around Yuma County.

Gene encourages everybody to safely take it vantage of the bike opportunities in and around Yuma. Biking to work or for recreation helps improve our physical conditions as well as our mental state of mine as well.

Date aired: 08/28/2021
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #7 Community
Service Organizations

Howard Blitz Executive Director with the Freedom Library in Yuma Arizona came on to discuss the current fundraiser and community project of bringing the Statue of Liberty to Yuma. The freedom library has commissioned an artist to design and create a Statue of Liberty replica that will be featured in the community. The freedom library intends to bring Lady liberty to Yuma and give her as a gift to the community.

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 09/04/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 928 Bike Life
Guest: Janet Leon

Issue: #7 Community
Service Organizations

Janet Leon with the 928 Bike Life group was able to discuss the upcoming free public events hosted by the group as well as the volunteer efforts carried out by the 928 Bike Life group and their associates. Every Thursday evening hundreds of bicycle enthusiasts gather to have community rides. These community rides are free and family friendly. Each ride is designed to be a safe structured ride for all ages. There are also larger community bike rides on the first Saturday of the month as well.

The 928 Bike Life group recently came together to bring financial and physical support to the community of Gila Bend AZ. The recent rains and flash floods have devastated the local community. 928 Bike Life members have been going to Gila Bend with supplies and helping clean up.

Date aired: 09/04/2021
Time Aired: 6:15 AM

Length: 15 Min.

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

Issue: #7 Community
Service Organizations

Annette Lagunas executive Director of the Humane Society of Yuma was able to call into the radio station to discuss the current needs and challenges facing the pet population of our community. Currently the Humane Society of Yuma has single number digit kennels available every night. Some nights the kennels are completely full other nights they have as little as 2 to 4 available kennels. This is a major change as 16 months ago that Humane Society of Yuma was able to close down buildings meaning they had over 100 available kennels. Lagunas reminded us to update the microchip information and helps of returning pets to their homes. Also a fall park back event is scheduled for October 11-15, this is essentially a kids camp. Capacity is limited and the public is encouraged to reserve space in advance. For more information visit hsoyuma.com

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 09/11/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 928 Bike Life
Guest: Janet Leon

Issue: #7 Community
Service Organizations

Janet Leon with the 928 Bike Life group was able to discuss the upcoming free public events hosted by the group as well as the volunteer efforts carried out by the 928 Bike Life group and their associates. Every Thursday evening hundreds of bicycle enthusiasts gather to have community rides. These community rides are free and family friendly. Each ride is designed to be a safe structured ride for all ages. There are also larger community bike rides on the first Saturday of the month as well.

The 928 Bike Life group recently came together to bring financial and physical support to the community of Gila Bend AZ. The recent rains and flash floods have devastated the local community. 928 Bike Life members have been going to Gila Bend with supplies and helping clean up.

Date aired: 09/11/2021
Time Aired: 6:15 AM

Length: 15 Min.

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

Issue: #7 Community
Service Organizations

Annette Lagunas executive Director of the Humane Society of Yuma was able to call into the radio station to discuss the current needs and challenges facing the pet population of our community. Currently the Humane Society of Yuma has single number digit kennels available every night. Some nights the kennels are completely full other nights they have as little as 2 to 4 available kennels. This is a major change as 16 months ago that Humane Society of Yuma was able to close down buildings meaning they had over 100 available kennels. Lagunas reminded us to update the microchip information and helps of returning pets to their homes. Also a fall park back event is scheduled for October 11-15, this is essentially a kids camp. Capacity is limited and the public is encouraged to reserve space in advance. For more information visit hsoyuma.com

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 09/18/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Catalytic
Converters Theft & Summer Car Care
Guest: Russell McCloud

Issue: #8 Consumer
Protection

Russell McCloud with AAA was able to come on the radio and discuss important automotive news. The most pressing issue that has been coming from the automotive industry as well as our local police department is the theft of catalytic converters. The topic was discussed in depth and the only solution is to be vigilant. Vehicles should be parked in garage is or locked fences if possible and well lit areas and with the protection of video surveillance if possible. Right now the industry is seeing a back order of catalytic converter's and depending on the make and model of the vehicle can cost as much as \$1000-\$1500 to fix and take as long as 1 to 3 months depending on the make and model. Discussion also include vehicle maintenance for the summer months and the importance of proper air pressure.

Date aired: 09/18/2021
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Education Forward
Arizona
Guest: Rich Nickel

Issue: #3 Education

Rich Nickel with Education Forward Arizona called in to discuss the new organization and how it was created. Frustrated with the pace of change and with an often fractured and inadequate response to education improvement, community leaders came together for 15 months to outline the strategic direction of a more robust education advocacy organization. That community planning process was supported by Arizona Community Foundation, Helios Education Foundation and Pharos Foundation. During that period, three entities, Achieve60AZ, College Success Arizona and Expect More Arizona came together to outline how to bring the best parts of each of their organizations together in ways that could lead to greater impact and efficiency. By pooling their resources, and combining teams, funders and Boards, Education Forward Arizona emerged to address this growing issue.

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3rd Qtr 2021 Quarterly Issues and Program Report

Date aired: 09/25/2021
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Catalytic
Converters Theft & Summer Car Care
Guest: Russell McCloud

Issue: #8 Consumer
Protection

Russell McCloud with AAA was able to come on the radio and discuss important automotive news. The most pressing issue that has been coming from the automotive industry as well as our local police department is the theft of catalytic converters. The topic was discussed in depth and the only solution is to be vigilant. Vehicles should be parked in garage is or locked fences if possible and well lit areas and with the protection of video surveillance if possible. Right now the industry is seeing a back order of catalytic converter's and depending on the make and model of the vehicle can cost as much as \$1000-\$1500 to fix and take as long as 1 to 3 months depending on the make and model. Discussion also include vehicle maintenance for the summer months and the importance of proper air pressure.

Date aired: 09/25/2021
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Education Forward
Arizona
Guest: Rich Nickel

Issue: #3 Education

Rich Nickel with Education Forward Arizona called in to discuss the new organization and how it was created. Frustrated with the pace of change and with an often fractured and inadequate response to education improvement, community leaders came together for 15 months to outline the strategic direction of a more robust education advocacy organization. That community planning process was supported by Arizona Community Foundation, Helios Education Foundation and Pharos Foundation. During that period, three entities, Achieve60AZ, College Success Arizona and Expect More Arizona came together to outline how to bring the best parts of each of their organizations together in ways that could lead to greater impact and efficiency. By pooling their resources, and combining teams, funders and Boards, Education Forward Arizona emerged to address this growing issue.



Call Letters: KQSR-FM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2021

Show # 2021-27

Date aired: 7/3/21 Time Aired: 6:30AM

Gregory Plemmons, PhD, Associate Professor of Pediatrics at Monroe Carell Jr. Children's Hospital at Vanderbilt University

Dr. Plemmons led a study that found the percentage of younger children and teens hospitalized for suicidal thoughts or actions in the United States has doubled over the past decade. He talked about the possible reasons for such a steep increase, what ages are at the greatest risk, and how parents can recognize signs of suicidal thoughts in their children.

Issues covered:
Teen Suicide
Parenting

Length: 7:46

Jeff Stalnaker, President and Co-Founder of First Orion, a provider of data and phone call transparency solutions

Mr. Stalnaker's company commissioned a survey that found that Millennials are more likely than any other generation to give away personal information to scammers over the phone. He said nearly 40 percent of those surveyed have been contacted by someone impersonating the IRS. He talked about other current scams, and offered advice on how to avoid falling prey to scammers.

Issues covered:
Consumer Matters
Crime

Length: 9:17

Kara Lusk-Dudley, Public Affairs Manager, Biomedical Communications, American Red Cross

Summertime is one of the most challenging times of the year for blood donations. Ms. Lusk-Dudley explained why, and outlined the process that a new blood donor can expect. She explained how to locate a donation center or blood drive nearby. She noted that the Red Cross is also in greater need of organizations to host blood drives during the summer months.

Issues covered:
Blood Donation
Personal Health

Length: 5:10

Show # 2021-28

Date aired: 7/10/21 Time Aired: 6:30AM

Darrin Grondel, Vice President of Traffic Safety and Government Relations for the Foundation for Advancing Alcohol Responsibility

Although there were far fewer vehicles on the roads during the pandemic, traffic deaths rose more than 7% in 2020 to a 13-year high. Mr. Grondel discussed grants awarded by the Governors Highway Safety Association and the Foundation for Advancing Alcohol Responsibility to help states keep Americans safe from alcohol- and drug-impaired drivers.

Issues covered:
Drunk/Drugged Driving
Traffic Safety

Length: 8:58

Marshall Allen, reporter for ProPublica, where he covers the health care industry, author of "*Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win*"

Americans pay about twice as much per person for healthcare than the citizens of other developed nations, and about 1 in 6 of has medical debt in collections. Mr. Allen advised consumers to make sure each medical bill is itemized, and to check the billing codes to make sure the bill is accurate and priced fairly, before paying it. He also explained how doctors are incentivized to perform many treatments and tests whether they are needed or not.

Issues covered:
Consumer Matters
Personal Health

Length: 8:11

David Rabadi, mental health advocate, National Speaker for the National Alliance on Mental Illness, author of "*How I Lost My Mind and Found Myself*"

41 percent of Americans reported anxiety and depression symptoms in 2020, up from 11 percent in 2019. Mr. Rabadi explained why many people struggling with mental illness try to hide it from others. He offered encouragement to seek help.

Issues covered:
Mental Illness
Suicide

Length: 5:07

Show # 2021-29

Date aired: 7/17/21 Time Aired: 6:30AM

Carmen Piernas, MSc, PhD, University Research Lecturer at the Nuffield Department of Primary Care Health Sciences at the University of Oxford

Dr. Piernas was part of a group of British researchers that examined the strong connection between COVID 19 and obesity. She said they found that younger people with a Body Mass Index of 30 or more, which is considered obese, are at a significantly higher risk of being hospitalized or dying of COVID-19, while those with a BMI of 23 are at the lowest risk. Interestingly, they found that obesity made no difference at all in COVID risks for the elderly.

Issues covered:
COVID-19
Obesity
Public Health

Length: 9:17

Rebecca Johnson, PhD, Co-Director of Citizen Science and Research Associate in the Department of Invertebrate Zoology and Geology at the California Academy of Sciences

In recent years, community science--also known as citizen science--has become a global phenomenon, as millions of amateurs with an interest in science contribute unparalleled amounts of data on the natural world. Ms. Johnson said community science data remains widely underutilized by the scientific community due to its perception as being less reliable than expert-collected data. She said community science may be the only practical way to answer important questions about our planet's biodiversity and how it is changing.

Issues covered:
Science
Climate Change

Length: 7:58

Shannon M. Robson, PhD, MPH, RD, Assistant Professor in the Department of Behavioral Health and Nutrition, Principal Investigator of the Energy Balance and Nutrition Laboratory at the University of Delaware

89% of Americans believe it's important for families to have as many family meals as possible each week. Dr. Robson led a study that showed that more frequent family meals were associated with better dietary outcomes and improved family relationships. She offered suggestions for families to overcome obstacles to gathering for dinner.

Issues covered:
Nutrition
Parenting

Length: 4:38

Show # 2021-30

Date aired: 7/24/21 Time Aired: 6:30AM

Elizabeth Rosenthal, MD, former reporter and senior writer at The New York Times, Editor in Chief of Kaiser Health News, former ER physician, author of "*An American Sickness: How Healthcare Became Big Business and How You Can Take It Back*"

Dr. Rosenthal discussed the rapidly rising costs of healthcare in the past few decades and the reasons behind them. She gave examples of some of the more egregious differences in healthcare costs in the US, compared to other countries. She explained how healthcare consumers can learn to negotiate with hospitals and doctors.

Issues covered:
Personal Health
Consumer Matters

Length: 8:39

Jodie Plumert, PhD, Professor in the Department of Psychological and Brain Sciences at the University of Iowa

For adults, crossing the street by foot seems easy. Yet it is anything but simple for a child. Dr. Plumert led a study that found that perceptual judgment and motor skills are not fully developed in most kids until age 14. She explained what parents can do to help children learn these life and death skills as early as possible.

Issues covered:
Traffic Safety
Parenting
Children's Issues

Length: 8:27

Adriana Zuniga-Teran, architect, postdoctoral research associate in the University of Arizona's Udall Center for Studies in Public Policy.

Ms. Zuniga-Teran conducted a study that examined how the design of a neighborhood can affect health and wellness. She found that those who live in traditional neighborhoods do the most walking, while those who live in suburban developments report the highest levels of mental well-being.

Issues covered:

**Mental Health
Personal Health
Community Issues**

Length: 5:02

Show # 2021-31

Date aired: 7/31/21 **Time Aired:** 6:30AM

Sally Erny, National Stakeholder Engagement Officer of the National Court Appointed Special Advocate Association

Ms. Erny explained how court-appointed special advocates (CASAs) look out for the interests of abused or neglected children. She discussed how CASA volunteers work with attorneys and other court officers to ensure the youngsters are in safe and healthy foster care, and eventually, permanent homes. She also outlined the training that these volunteers receive, and how someone can volunteer.

Issues covered:

**Child Abuse
Foster Care
Volunteerism**

Length: 8:26

Clint Emerson, retired Navy Seal, author of "*100 Deadly Skills: Survival Edition: The SEAL Operative's Guide to Surviving in the Wild and Being Prepared for Any Disaster*"

Mr. Emerson offered numerous tips on how to crime-proof a house and how to avoid becoming a victim of crime in other environments, as well. He explained the importance of being aware of your environment, in order to react to dangerous situations or avoid them in the first place. He also talked about the options available to people caught in active shooter incidents or terrorist attacks.

Issues covered:

**Crime Prevention
Terrorism**

Length: 8:46

Tracy Mehan, Manager of Translational Research for the Center for Injury Research and Policy at the Research Institute at Nationwide Children's Hospital in Columbus, Ohio

On an average day in the US, 13 children receive emergency treatment for a lawn mower-related injury. Ms. Mehan talked about the most common injuries and how they typically vary, depending on the age of the child. She offered suggestions for parents on how to prevent lawn mower-related injuries.

Issues covered:

**Child Safety
Product Safety
Parenting**

Length: 5:02

Show # 2021-32

Date aired: 5/7/21 Time Aired: 6:30AM

Helen Horyza, career coach, founder of the Career Coach Entrepreneur Academy certificate programs, author of "*Elevate Your Career: Live a Life You're Truly Proud Of*"

Nearly 60% of middle-income workers are asking the question: Am I really where I want to be? Ms. Horyza explained why so many people stay in unrewarding careers and how to find a happier path. She shared real-world examples of people who found their true passion in life and created a career that perfectly suited their interests and talents.

Issues covered:

Length: 7:50

**Career
Unemployment**

Maria J. Prados, PhD, Economist at the University of Southern California's Center for Economic and Social Research

Social Security benefits are a critical component in planning and saving for retirement. Prof. Prados co-authored a study that found that the average American overestimates their future monthly Social Security check by more than \$300. She explained why this is a serious problem and how consumers can find out how much their future Social Security benefit will be.

Issues covered:

Length: 9:19

**Retirement Planning
Personal Finance**

David Finkelhor, Director of the University of New Hampshire's Crimes against Children Research Center

Mr. Finkelhor shared the results of a recent study from the University of New Hampshire that found that close to 1.5 million children each year visit a doctor, emergency room or medical facility as a result of an assault, abuse, crime or other form of violence. This is four times higher than previous estimates. He outlined the most common types of abuse.

Issues covered:

Length: 5:17

**Child Abuse
Youth at Risk
Government Policies**

Show # 2021-33

Date aired: 8/14/21 Time Aired: 6:30AM

Loretta Alkalay, former FAA eastern regional counsel, Adjunct Professor at Vaughn College of Aeronautics & Technology, a private college in East Elmhurst, New York, specializing in aviation and engineering education

Incidents of violence at airports and during flights have been on the rise in recent months. Prof. Alkalay discussed the problem and how the increasingly stressful experience of flying has fueled it. When an aircraft's doors are closed, any criminal activity falls under federal jurisdiction, but she believes changes are needed to allow local authorities to make arrests and prosecute.

Issues covered:
Transportation
Law Enforcement
Mental Health

Length: 8:53

Jenn Donahue, leadership coach, engineer, entrepreneur

The leadership gender gap in American business is glaring; even today, women fill just 6% of CEO positions at Fortune 500 companies. Ms. Donahue explained how those women who have broken the glass ceiling can determine their leadership style, and also seek ways to bring other women up through mentoring.

Issues covered:
Women's Concerns
Career

Length: 8:26

John G. Boyle, patient and health advocate who relies on plasma-derived therapies, former CEO & President of the Immune Deficiency Foundation

The national blood shortage has been widely reported, but Mr. Boyle talked about another life-threatening donation crisis. He said the critical need for plasma donors right now in the U.S. will have lasting consequences if it isn't addressed. He explained what sorts of patients are in dire need of plasma donations, and how to make a donation.

Issues covered:
Plasma & Blood Donation
Personal Health

Length: 5:09

Show # 2021-34

Date aired: 8/21/21 Time Aired: 6:30AM

Clifford Bassett, M.D., FACAAl, FAAAAI, Founder and Medical Director of Allergy and Asthma Care of New York, author of "*The New Allergy Solution: Supercharge Resistance, Slash Medication, Stop Suffering*"

Allergies are on the rise. Dr. Bassett explained why the problem and its underlying causes are quite complex. He believes in many cases, allergic reactions can be prevented, with proper medical advice that examines the interplay of diet, mindset, and environment.

Issues covered:
Personal Health

Length: 7:28

Cornelius N. Grove, Ed.D., education expert, author of "*The Drive to Learn: What the East Asian Experience Tells Us About Raising Students Who Excel*"

American students are currently ranked #25 in education globally, significantly behind countries such as Singapore, China and Japan. He believes that American children are less receptive to classroom learning, compared to East Asian children. He said a different approach to parenting is a major factor.

Issues covered:
Education
Parenting

Length: 9:51

Laurence J. Kotlikoff, PhD, William Fairfield Warren Distinguished Professor, Professor of Economics at Boston University, President of Economic Security Planning, Inc, author/co-author of 16 books on retirement planning, economics and personal finance

Dr. Kotlikoff has developed the first retirement planning software built by economists. He explained how the "Economist Approach" differs from traditional retirement advice. He said the new approach can help consumers determine the highest level of spending their household can sustain over time, in order to live within their means for the remainder of their lives.

Issues covered:
Retirement Planning
Senior Citizens

Length: 4:56

Show # 2021-35

Date aired: 8/28/21 **Time Aired:** 6:30AM

Gal Wettstein, PhD, Senior Research Economist at the Center for Retirement Research at Boston College

Dr. Wettstein co-authored a report entitled "*Are Older Workers Capable of Working Longer?*" He explained why recent worsening health trends raise the question of how long people will be able to work, and why it matters. He noted that gains in "working life expectancy" have slowed in the past 15 years. He said many black workers, as well as whites with less education, may not be capable of working to Social Security's full retirement age of 67.

Issues covered:
Retirement Planning
Poverty

Length: 7:49

Glenn N Levine, MD, Master Clinician and Professor of Medicine at Baylor College of Medicine, Chief of the cardiology section at the Michael E. DeBakey VA Medical Center, both in Houston

Dr. Levine was chair of the writing committee for a new American Heart Association Scientific Statement, entitled "*Psychological Health, Well-Being, and the Mind-Heart-Body Connection.*" He outlined the latest research that examines why and how psychological health can positively or negatively impact a person's physical health, and risk factors for heart disease and stroke.

Issues covered:
Mental Health
Personal Health

Length: 9:22

Catherine Athans, PhD, Certified Trauma Therapist, Licensed Marriage and Family Therapist for more than 25 years with Doctorate Degrees in both Clinical and Health Psychology, along with a Master's Degree in Clinical Community Psychology

It's not going to be a normal fall, as both students and parents must deal with a second school year of uncertainty and concerns connected to the pandemic. Dr. Athans discussed the array of challenges faced by students and explained how parents can help. She said it is crucial for parents to recognize and deal with their own anxieties.

Issues covered:
Mental Health
Parenting

Length: 5:06

Show # 2021-36

Date aired: 9/4/21 Time Aired: 6:30AM

Rachael Stickland, Co-Founder and Co-Chair of the Parent Coalition for Student Privacy

Schools and third-party vendors collect and share an astonishing amount of personal data on nearly every student in America. Ms. Stickland explained why parents should be concerned and what they can do about it. She believes laws protecting student privacy need to be strengthened.

Issues covered:

Length: 8:56

Parenting
Privacy Concerns
Education

Vijay R. Varma, PhD, researcher and post-doctoral fellow at the National Institute on Aging, part of the National Institutes of Health

Dr. Varma recently co-authored a study that found an alarming decrease in physical activity in youngsters at every age. 19 year olds now get as much exercise and activity as 60 year olds. Dr. Varma explained why this is a major problem. He offered suggestions of ways to encourage both younger and older Americans to become more physically active.

Issues covered:

Length: 8:02

Physical Fitness
Personal Health
Aging

Jim Hedlund, consultant for the Governors Highway Safety Association, former researcher for 22 years at the National Highway Traffic Safety Administration

Mr. Hedlund conducted a study for the Governors Highway Safety Administration that found that for the first time, more drivers who were tested after fatal crashes had drugs in their system than had alcohol. He discussed the role that the increasing legalization of marijuana may play in this trend. He also explained why laws targeting drivers under the influence of alcohol cannot easily be amended to include drug users.

Issues covered:

Length: 5:09

Impaired Driving
Substance Abuse
Government Legislation

Show # 2021-37

Date aired: 9/11/21 Time Aired: 6:30AM

Susan Stark, PhD, Associate Professor of Occupational Therapy, of Neurology and of Social Work at Washington University School of Medicine in St Louis

Falls are the leading cause of injury, accidental death and premature placement in a nursing home among older adults in the United States. Dr. Stark shared the results of her study that suggested that in-home falls can be reduced by nearly 40% with a community-based program that helps older adults make modifications to their homes such as adding grab bars, shower seating and slip-resistant surfaces in the bathroom.

Issues covered:

Length: 8:23

Elder Care
Aging

Frank Pega, PhD, epidemiologist, health economist, Technical Officer in the Environment, Climate Change and Health Department at the World Health Organization in Geneva, Switzerland

Long working hours are killing 745,000 people a year, according to a new report from the World Health Organization. Dr. Pega was the lead author of the study, which found that working more than 55 hours a week is a health hazard that leads to stroke and heart disease. He said the pandemic may have accelerated this trend.

Issues covered:

Length: 8:55

**Personal Health
Workplace Matters**

Colin Orion Chandler, doctoral student and Presidential Fellow, at Northern Arizona University's Department of Astronomy and Planetary Science

Mr. Chandler is the project founder and principal investigator of the "Active Asteroids" project, which seeks to recruit citizen scientists to assist in an effort to quadruple the number of known active asteroids. He explained how people can volunteer and why the search for these rare space objects is important.

Issues covered:

Length: 5:03

**Science
Volunteerism**

Show # 2021-38

Date aired: 9/18/21 **Time Aired:** 6:30AM

Benjamin H. Barton, Helen and Charles Lockett Distinguished Professor of Law at the University of Tennessee, author of "*Rebooting Justice: More Technology, Fewer Lawyers, and the Future of Law*"

Professor Barton discussed what he sees are longstanding problems in our judicial system. He said that laws are too complex and legal advice is far more expensive than necessary. He outlined a series of reforms which he believes would make the courts much fairer and more accessible for poor and middle-class Americans.

Issues covered:

Length: 8:31

**Legal Reform
Poverty**

Steve Casner, PhD, research psychologist, NASA scientist, author of "*Careful: A User's Guide to Our Injury-Prone Minds*"

Dr. Casner has devoted his career to studying the psychology of safety. He said after a hundred years of steady decline, the rate at which people are being injured or killed in everyday accidents, such as car crashes, pedestrian fatalities, home-improvement projects gone wrong, medical mistakes and home fires, is increasing. He explained why few of us are as careful as we think we are, and what we can do about it.

Issues covered:

Length: 8:36

**Accident Prevention
Personal Health**

Robin Behrstock, entrepreneur, author of "Adventures Of Women Entrepreneurs: Stories That Inspire"

Dr. Behrstock shared some inspiring examples of women who overcame both personal and professional setbacks to turn their dreams of starting their own business into reality. She offered advice for aspiring entrepreneurs who are reluctant to take that first step.

Issues covered:
Women's Issues
Career

Length: 4:50

Show # 2021-39

Date aired: 9/25/21 Time Aired: 6:30AM

William Lastrapes, PhD, Professor of Economics, Bernard B. and Eugenia A. Ramsey Chair of Private Enterprise in the Terry College of Business at the University of Georgia

Professor Lastrapes led a study that suggests that eliminating \$20, \$50 and \$100 denominations of physical currency might benefit average US families. He explained that although cash is popular, transactions are largely untraceable by the government and are sometimes used to pay for under the table or illegal goods or services. He believes that less cash means less tax evasion and that the government could theoretically reduce other taxes.

Issues covered:
Government Policies
Economy

Length: 8:17

Nora Volkow, MD, Director of the National Institute on Drug Abuse, part of the National Institutes of Health

Marijuana use continued to rise among college students over the past five years, and remained at historically high levels even among same-aged peers who were not in college, according to survey results from the 2020 Monitoring the Future panel study. Dr. Volkow, who has led the National Institute on Drug Abuse since 2003, discussed the potential reasons for the trend. She added that the survey found that there was also a significant increase in the annual use of hallucinogens such as LSD, and a significant drop in current alcohol use among college students.

Issues covered:
Substance Abuse
Government Policies

Length: 9:01

Sangeetha Abdu Jyothi, PhD, Assistant Professor in the Department of Computer Science at the University of California, Irvine

Prof. Jyothi said a severe solar storm could plunge the world into an "internet apocalypse" that keeps large swaths of society offline for weeks or months at a time, by damaging long undersea internet cables that connect continents. She said that although coronal mass ejections are relatively rare, the global internet infrastructure is relatively new, and its vulnerabilities remain largely unstudied.

Issues covered:
Internet Infrastructure
Technology
Business

Length: 4:54