

**KQSR-FM 1<sup>st</sup> QTR. 2014**

**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-FM

## 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 1/4  
Time Aired: 6:00 AM

Length: 15 min

TOPIC OF THIS SHOW: 2013 Year in Review  
Part 1  
Guest: None

ISSUE: 5, 6, 9 & 12 Government,  
Health, Crime and Military

Desert Digest took it's annual look at items making news in the last 12 months comprising 2013. There were several issues that faced the Desert Southwest from the death of Department of Public Safety officer Tim Huffman to the election of a new Yuma Mayor- Doug Nichols and three new Yuma City Council members. Other issues reviewed in the year end review included Yuma Mayor Alan Kreiger's lawsuit against his city council to lawsuit charges being dropped against Yuma Senator Don Shooter after he entered his grandson's Charter School. New facilities were opened for the Yuma Fire Department and the Yuma Police Department. Sports were also reviewed from the sanctions levied against the Arizona Western College Matador football team to their loss in the El Toro Bowl.

TOPIC OF THIS SHOW: 2013 Year In Review  
Part 2  
~~Guest:~~  
Time: 6:15 AM

ISSUE: 5, 6, 9 & 12 Government,  
Health, Crime and Military

Desert Digest took it's annual look at items making news in the last 12 months comprising 2013. There were several issues that faced the Desert Southwest from the death of Department of Public Safety officer Tim Huffman to the election of a new Yuma Mayor- Doug Nichols and three new Yuma City Council members. Other issues reviewed in the year end review included Yuma Mayor Alan Kreiger's lawsuit against his city council to lawsuit charges being dropped against Yuma Senator Don Shooter after he entered his grandson's Charter School. New facilities were opened for the Yuma Fire Department and the Yuma Police Department. Sports were also reviewed from the sanctions levied against the Arizona Western College Matador football team to their loss in the El Toro Bowl.

## KQSR-FM

### 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 1/11  
Time Aired: 6:00 AM

Length: 15 min

TOPIC OF THIS SHOW: GED Changes  
Guest: Carrie Zaragoza

ISSUE: 3-Education

Carrie Zaragoza from Adult Literacy Plus of Southwest Arizona appeared on our Desert Digest program to discuss the changes involving the GED in Arizona for 2014. Several of those changes involve the location of where the test can be taken and how it can be taken. It has to be at an official testing site, determined by the state and no longer will paper tests be accepted. The time allowed to take the test has changed as well. Since the test is changing, the instruction leading up to the test has changed as well. If persons do not take the test prior to the start of 2014, they will have to study the new curriculum in order to take the test.

TOPIC OF THIS SHOW: Hospice of Yuma  
Fundraiser

Guest: John Williams

Time 6:15 AM

ISSUE: 1, 7 Recreation and  
Community Service Organizations

A fundraiser is being held by Hospice of Yuma in order to raise funds for the non-profit organization. The fundraiser involves a raffle of a high end sand rail, valued at over 14-thousand-dollars. The raffle is one of two huge fundraisers Hospice of Yuma does annually. The other occurs in October and is the Monster Mash event to coincide with Halloween. Hospice of Yuma's monies are all kept in Yuma County to help those who are terminally ill. Hospice of Yuma also operates a thrift store that helps to support the financial needs of those who need such health care. The money raised from the raffle will go to Hospice of Yuma to help them through the leaner months during the summer.

## KQSR-FM

### 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 1/18  
Time Aired: 6:00 AM

Length: 15 min each

TOPIC OF THIS SHOW: Yuma Historical Society  
Guest: Susan Taylor

ISSUE: 1-Recreation

This onetime home of a Yuma pioneer and entrepreneur, E.F. Sanguinetti, is one of downtown Yuma's oldest and most historic buildings. Now headquarters for the Rio Colorado Division of the Arizona Historical Society, it's a museum showcasing Yuma's earliest days, with rose gardens and an aviary. There are fundraisers the Society holds and helps sponsor, such as the upcoming Sanguinetti days. The days helps to celebrate Yuma's heritage in honor of E. F. Sanguinetti, one key person responsible envisioning what Yuma was and would become. Sanguinetti days will be held on February 1<sup>st</sup>. This fun-filled family day will include interactive displays, antique cars, live demonstrations, historical re-enactors, delicious food and more.

TOPIC OF THIS SHOW: Freedom Library  
Guest: Howard Blitz

6:15 AM

ISSUE: 3 & 5-Education and Government

The Freedom Library is getting ready to award annual scholarships for area students. There are two annual scholarships that the library offers, two worth five-hundred-dollars each. The scholarships are used for any student wanted to further their education in learning about the constitution and the Bill of Rights. They have to submit an essay on why the feel both documents are important and what they want to learn to further their studies in that realm. The Freedom Library's goal is to promote an understanding and acceptance of the philosophy of Freedom and the principles of Liberty as expounded in the Declaration of Independence and the Constitution of the United States.

## KQSR-FM

### 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 1/25  
Time Aired: 6:15 AM

Length: 15 min

TOPIC OF THIS SHOW: City of Yuma  
Guest: Dave Nash

ISSUE: 5-Government

Dave Nash from the City of Yuma appeared on our Desert Digest program to discuss issues involving the city. The city is getting ready to celebrate their 100<sup>th</sup> year in existence. The city's weeklong celebration will begin on April 7<sup>th</sup> with events scheduled each evening through the week, including the lighting of the new signage at each end of Main Street in downtown Yuma and the incorporation of the annual Taco Festival to round out the week. Nash also discussed the latest with the newly implemented recycling program and the upcoming proposed change in the water billing cycles, from every other month to an every month cycle. The issue will be considered at upcoming city council meetings.

TOPIC OF THIS SHOW: Yuma Community  
Foundation  
Guest: Janelle Johnson

ISSUE: 3 & 7-Education and  
Community Service Organizations

The Yuma Community Foundation appeared on our Desert Digest program to discuss the upcoming scholarship season. There are several accounts that have been established to help student and upcoming students apply for scholarships to help them with the expenses of college. There are separate requirements per scholarship so the applicant is urged to look up the qualifications and proceed accordingly. The Yuma Community Foundation helps persons and organizations set up their endowments to make sure they are only being used for their assigned purpose. The scholarship ends quickly so those wanting to get the monies are urged to apply now.

## KQSR-FM

### 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 2/1  
Time Aired: 6:00 AM

Length: 15 min

TOPIC OF THIS SHOW: Southwest Arizona  
Geocachers  
Guest: Ed Benedict

ISSUE: 1 & 7-Recreation &  
Community Service Organizations

The Southwest Arizona Geocachers appeared on our Desert Digest program to promote their upcoming 11<sup>th</sup> Annual Geocaching event. The Mega Event is held at The West Wetlands with a large array of fun activities to choose from. The event shows off cool vehicles on display before completing the Lab Cache series later that afternoon. There are also pamphlets that are given out listing all the possible locations of where people can go look and log their adventures. Benedict says most of the locations do not include a prize or special token, but the fun is in people going to those locations and logging their memories of it. The event is scheduled for the second weekend in February.

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## 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 2/8

Time Aired: 6:00 AM

Length: 15 min

TOPIC OF THIS SHOW: Internal Revenue Service  
Guest: Bill Brunson and Brian Watson

ISSUE: 5-Government

Bill Brunson, who serves as spokesperson for the Internal Revenue Service in New Mexico and Arizona, spoke on several free programs available for taxpayers to file their returns. There are several free ways to file, especially if you earn less than 50-thousand-dollars annually. Those programs are available online and through smartphone apps.

Brian Watson, who is the Internal Revenue Service's Criminal Investigation Division, Public Information Officer, talked about how fraud and identity theft can damage a person. In some cases, the victim does not realize his identity has been stolen until he or she is contacted by the IRS. Watson also spoke on some cases his office has prosecuted in recent months in Arizona.

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### 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 2/22  
Time Aired: 6:00 AM

Length: 15 min

TOPIC OF THIS SHOW: First Smiles  
Guest: Megan Pliska

ISSUE: 2 & 6-Family & Health

Megan Pliska appeared on our Desert Digest program to discuss the Yuma First Smiles program. This program funded through First Things First and provides dental health education, dental screenings and fluoride varnish applications by a trained oral health care professional, and works with local dental providers to increase children's access to preventive dental care. First Smiles Yuma provides services at no cost to children age 0-5 in Yuma county at pre-schools, day cares, community events, and other locations upon request. They feel starting young persons on the right path for dental health will ultimately help them throughout life.

TOPIC OF THIS SHOW: Common Core  
Guest: Michael Brickman

ISSUE: 3 & 5-Education & Government

6:15 AM

Arizona's College and Career Ready Standards give Arizona students the skills they need to be successful in life. Simply put, they are a set of expectations placed on students to ensure that when they leave classroom, they are ready to become informed, productive members of their community and that they are not only able to compete in a competitive job market, but that they can excel. Arizona education standards have long been adopted by the Arizona Board of Education to ensure every child in our great state has the skills to move through our school system. The standards have gone into effect starting with the 2013-2014 school year.

# KQSR-FM

## 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 3/1  
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: Yuma's 100th  
Guest: Mariom Limon

ISSUE: 1 & 5-Recreation &  
Government

The City of Yuma is preparing to celebrate their 100<sup>th</sup> year in existence. The charter was formally adopted on April 7<sup>th</sup> 1914 and this year, 2014, marked the centennial celebration. The city is planning a week long slate of activities, including the lighting of new signage in downtown Yuma on both ends of Main Street. Arizona Governor Jan Brewer is expected to appear for the event. Other events include the taking of a picture from a plane, which is expected to make it into the Guinness Book of World Records. The annual Taco Festival is also scheduled at the same time and will be incorporated into the Centennial Celebration. Other events are scheduled in the month including a movie marathon highlighting movies either about or filmed in Yuma and a 100K walk/run.

TOPIC OF THIS SHOW: GED Changes  
Guest: Carrie Zaragoza

ISSUE: 3 & 7-Education and  
Community Service Organizations

6:15 AM

Carrie Zaragoza from Adult Literacy Plus of Southwest Arizona appeared on our Desert Digest program to discuss the changes involving the GED in Arizona for 2014. Several of those changes involve the location of where the test can be taken and how it can be taken. It has to be at an official testing site, determined by the state and no longer will paper tests be accepted. The time allowed to take the test has changed as well. Since the test is changing, the instruction leading up to the test has changed as well. If persons do not take the test prior to the start of 2014, they will have to study the new curriculum in order to take the test.

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## 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 3/8  
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: United Way Tax Help  
Guest: Hilda Nordell

ISSUE: 3 & 7-Education and Community Service Organizations

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TOPIC OF THIS SHOW: Yuma's 100th  
Guest: Marion Limon

ISSUE: 1 & 5-Recreation & Government

6:15 AM

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ISSUE: 1 & 5-Recreation &  
Government

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TOPIC OF THIS SHOW: United Way Tax  
Help  
Guest: Hilda Nordell

6:15 AM

ISSUE: 3 & 7-Education and  
Community Service Organizations

VITA - otherwise known as Volunteer Income Tax Assistance is a nationwide program sponsored by the I-R-S where I-R-S Certified Volunteers prepare Federal and State returns for free for individuals and families earning less than 52-thousand-dollars in 2013. In 2012, VITA volunteers in Yuma County served almost 1500 Yuma residents and netted a total refund of two-point-five-million-dollars. This year the United Way of Yuma County has five VITA sites open around Yuma County. There are also sites in which you can get online help with your taxes through their website. The site is easy to navigate, but if persons are requiring more assistance, they can go in person in Yuma, San Luis or Somerton.

## KQSR-FM

### 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 3/22  
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: Yuma's 100th  
Guest: Marion Limon

ISSUE: 1 & 5-Recreation &  
Government

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TOPIC OF THIS SHOW: Yuma's 100K Bike  
Event  
Guest: Gene Dalbey  
6:15 AM

ISSUE: 1-Recreation

The City of Yuma is holding a special 100K Bike ride in conjunction with Yuma's 100<sup>th</sup> Centennial Celebration. Gene Dalbey appeared on our Desert Digest program asking for participants and sponsors. The race will be held on April 19<sup>th</sup> and will cover a distance of 100 kilometers. The route is roughly from the West Wetlands Park along Highway 95 through the Cocopah Indian reservation through Somerton and just north of San Luis. Then riders will turn around at that point and come back the other way. The race will start at 7:30am. Riders participating will be required to take a mandatory safety class prior to the race. The dates for those classes are March 15<sup>th</sup>, 22<sup>nd</sup> or 29<sup>th</sup>.

# KQSR-FM

## 1<sup>st</sup> Qtr 2014 Quarterly Issues and Program Report

Date Aired: 3/29  
Time Aired: 6:AM

Length: 15 min

TOPIC OF THIS SHOW: Yuma's 100th  
Guest: Marion Limon

ISSUE: 1 & 5-Recreation &  
Government

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TOPIC OF THIS SHOW: Tucson Medical  
Center Raffle  
Guest: Kathy Rice

6:15 AM

ISSUE: 6-Health

Tucson Medical Center is holding their annual mega raffle to help raise money for the hospital. The Tucson Medical Center (TMC) Mega Raffle is an opportunity for the public to participate in generating new funds for Tucson Medical Center by purchasing tickets that could win a prize. TMC Mega Raffle is not a philanthropic donation. Instead, it uses an entertainment and prize format to attract dollars in support of the hospital, as a gaming event would. Net proceeds from the Raffle go to Tucson Medical Center, a non-profit hospital organization, to be used for patient care, medical education and/or research - in keeping with Arizona legislation authorizing such a Raffle. The grand prize includes a new house or cash and a car.



Weekly Public Affairs Program

Call Letters: KQSR

## QUARTERLY ISSUES REPORT, JANUARY – MARCH 2014

Show # 2014-01

Date aired: 1/4 Time Aired: 6:30

**Marlene Targ Brill**, childhood development and education expert and author of "Raising Smart Kids for Dummies"

Ms. Brill talked about simple steps that parents can take to raise well-rounded kids and help them to become academic achievers.

**Issues covered:**

**Parenting Issues  
Education  
Children's Issues  
Family**

**Length: 10:54**

**Ken Druck, PhD**, psychologist and founder of the Families Helping Families program, has worked with families at Columbine and Santana High Schools and at other sites of tragedy

Dr. Druck talked about the ongoing epidemic of school shootings and other violence, and its possible causes. He also discussed the safety issues every parent needs to discuss with their children and how to do it.

**Issues covered:**

**Violence  
Education  
Child Safety  
Police & Crime**

**Length: 6:23**

**Kimberly Thompson**, Creator and Director, Kids Risk Project at Harvard University and Co-Founder and Director of Research, Center on Media and Child Health, Children's Hospital in Boston, and **Kevin Haninger**, a doctoral student at Harvard

Professor Thompson and Mr. Haninger discussed their study that found that 48 percent of video games rated for teenagers have more sex, violence, substance abuse and gambling than is described on the game box. They gave tips for concerned parents on how to make sure the game their teen is buying is within the boundaries parents set.

**Issues covered:**

**Parenting Issues  
Youth at Risk  
Consumer Issues**

**Length: 4:37**

Show # 2014-02

Date aired: 1/11 Time Aired: 6:30A

**Phil Gaddis**, President, Executive Search at the Addison Group, a Chicago-based provider of professional staffing and search services

Recent statistics show that the average American changes careers seven times. Mr. Gaddis explained why the turnover has increased so rapidly in recent decades, and offered advice for people who are considering a career change.

Issues covered:  
Employment

Length: 8:04

**Lance LoRusso**, Atlanta-based attorney, former law enforcement officer, author of *"When Cops Kill: The Aftermath of a Critical Incident"*

Mr. LoRusso said police officers are well-trained on when and how to use their weapons, but are ill-prepared for what to do in the aftermath. He explained how the investigation of a police shooting differs significantly from one involving a civilian. He estimated that 75% of officers involved in a deadly force incident are the target of a civil lawsuit, whether the shooting was justified or not.

Issues covered:  
Police & Crime  
Violence  
Legal Matters

Length: 9:10

**Jonathan T. Jefferson, PhD**, school administrator, author of *"Mugamore: Succeeding without Labels—Lessons for Educators"*

Dr. Jefferson said he believes that today's education system needs to change the way it handles problem students. He said zero tolerance policies and the application of labels to students who have behavioral or learning disorders causes many of them to be left behind. He believes that schools personnel need to exercise more patience with immature students to give them time to grow into productive students.

Issues covered:  
Education  
Youth at Risk

Length: 5:07

Show # 2014-03

Date aired: 1/18 Time Aired: 6:30A

**Dara Feldman**, award-winning teacher, Director of Educational Initiatives for The Virtues Project, author of *"The Heart of Education"*

Ms. Feldman noted that 50 percent of new teachers get burned out in their first five years on the job and end up leaving the profession. She explained why this is such a costly problem and how it damages our nation's education system. She offered suggestions for concerned parents who would like to help and encourage stressed-out teachers.

Issues covered:  
Education  
Parenting

Length: 8:57

**Sheldon Krantz**, Distinguished Visiting Professor of Law at the University of Maryland Carey School of Law, former dean of the University of San Diego Law School, former law professor at the Boston University Law School, former federal prosecutor, author of *"The Legal Profession: What Is Wrong and How to Fix It"*

Mr. Krantz said legal services should be available to every American, whether they can afford it or not. He said attorneys do not provide nearly enough pro bono services. He said many of today's law students would be willing to work in the public interest, but are often mired down in student debt. He would like to see loan forgiveness programs or other new initiatives that would enable young lawyers to help lower-income litigants.

**Issues covered:**

**Length: 8:09**

**Legal Matters**

**Poverty**

**Government Policies**

**Brenda Shields, M.S.**, research coordinator, Center for Injury Research and Policy, Columbus Children's Hospital in Ohio

Ms. Shields discussed a recent study into the increasing dangers for young people involved in cheerleading. Her research found that emergency room visits are becoming much more common as cheerleading routines have added complex gymnastic moves. She outlined the questions that parents should ask, to be sure coaches are properly qualified.

**Issues covered:**

**Length: 4:45**

**Personal Health**

**Children**

**Parenting**

Show # 2014-04

Date aired: 1/25 Time Aired: 6:30A

**Karl Pillemer, PhD**, Hazel E. Reed Professor in the Department of Human Development and Professor of Gerontology in Medicine at the Weill Cornell Medical College, Founder and Director of the Cornell Institute for Translational Research on Aging, author of *"30 Lessons On Living: Tried and True Advice from the Wisest Americans"*

Dr. Pillemer interviewed more than 1,000 Americans over the age of 65 to seek their counsel on all of life's big issues: children, marriage, money, career and aging. He explained why younger people should take advantage of this rich resource of older Americans' wisdom. He recommends that young people talk to older members of their own family before it is too late.

**Issues covered:**

**Length: 9:17**

**Senior Citizens**

**Personal Health**

**Career**

**Scott Bittle**, policy analyst, Senior Fellow and Founding Editor of PublicAgenda.org, a non-partisan public opinion research organization, author of *"Where Did the Jobs Go And How Do We Get Them Back?"*

The subject of unemployment remains the public's top concern in polls and is continually marked as the most damaging result of the Great Recession. Mr. Bittle explained why the issue is so complex and why the nation needs to take a long-term approach to resolving it. He also analyzed various solutions proposed by each side of the political spectrum.

**Issues covered:**  
Unemployment  
Government Policies  
Economy

**Length: 7:57**

**John Hayes, PhD**, Assistant Professor of Food Science and Director of the Sensory Evaluation Center at Penn State University

Nine out of 10 Americans get too much sodium in their diets. Dr. Hayes discussed a recent government report that found that just 10 foods are responsible for 44 percent of the sodium in the average diet. He outlined steps to cut sodium intake and the reasons why everyone should do it.

**Issues covered:**  
Personal Health

**Length: 4:54**

Show # 2014-05

Date aired: 2/1 Time Aired: 6:30 A

**Yasmin Hurd, PhD**, Professor of Psychiatry and Neuroscience at the Icahn School of Medicine at Mount Sinai Hospital in New York

Dr. Hurd's research found that teenagers who smoke marijuana may make their future offspring more vulnerable to substance abuse problems. She believes that marijuana use causes structural changes in DNA that may last for generations. Dr. Hurd said much more research into the health effects of marijuana is needed. She also explained how parents can deal with the mixed messages society is conveying to young people about marijuana.

**Issues covered:**  
Substance Abuse  
Government Regulations  
Parenting

**Length: 9:22**

**Chris Malone**, Managing Partner of Fidelum Partners, a research-based consulting and professional services firm, author of "*THE HUMAN BRAND: How We Relate to People, Products and Companies*"

Mr. Malone explained why upstart businesses have surged in popularity while many traditionally dominant companies and brands have been falling behind. He outlined the reasons that social media has become such a valuable tool for both consumers and the companies they do business with. He said business schools fail to teach students how to nurture relationships with customers, causing much less loyalty to brands and products.

**Issues covered:**  
Consumer Issues  
Education

**Length: 7:52**

**Janet Larson**, Director of Research, the Earth Policy Institute

The US is the world's largest consumer of bottled water. Ms. Larson talked about the huge environmental impact of bottled water, both in its manufacture and disposal. She also explained how consumers can wisely decide whether to use bottled water.

**Issues covered:**  
Environmental Issues  
Energy  
Consumer Issues

**Length: 4:54**

Show # 2014-06

Date aired: 2/8 Time Aired: 6:30A

**Lisa J. Servon, PhD**, Professor and former dean at the Milano School of International Affairs, Management, and Urban Policy at The New School in New York

Alternative financial providers such as check cashers and payday lenders are often accused of preying on the poor, with high fees and interest rates. Dr. Servon conducted a study that examined why many lower income residents make the conscious decision to use these services, rather than traditional banks. She was surprised to find that the choice actually makes sense for many people who live paycheck to paycheck.

**Issues covered:**

**Length: 11:05**

**Poverty  
Government Regulations  
Personal Finance**

**Dan McCue**, Research Manager, Joint Center for Housing Studies of Harvard University

The cost of renting an apartment or house has jumped in the past decade, according to a study led by Mr. McCue. A 6% rise in prices, combined with the drop in renter incomes, has made affordability a major concern. Much of the jump in prices is because of increased demand for rental homes as a result of the mortgage crisis. He said a quarter of all U.S. households are paying more than half of their income for housing, which is dangerously high.

**Issues covered:**

**Length: 6:07**

**Affordable Housing  
Poverty  
Consumer Issues**

**Debbie Magids, PhD**, psychologist, author of "*All the Good Ones Aren't Taken*"

Dr. Magids discussed the trend of serial dating and why dating is so difficult for women in particular. She explained the most common dating errors and suggested ways that a person can analyze their own patterns of behavior, to clear the way for more fulfilling relationships.

**Issues covered:**

**Length: 4:48**

**Mental Health  
Women's Issues**

Show # 2014-07

Date aired: 2/15 Time Aired: 6:30A

**Russell E. Johnson, PhD**, Assistant Professor of Management in the Eli Broad College of Business at Michigan State University.

Dr. Johnson's research has found that that people who check their work emails on smartphones at night could end up hurting their ability to work the following day. He found that smartphones appeared to have a greater effect on people's energy levels and sleeping abilities in comparison to other electronic screens. He offered several suggestions on how to control smartphone use at night.

**Issues covered:**

**Length: 7:24**

**Personal Health  
Workplace Matters  
Career**

**Daniel J. Siegel, MD**, neuropsychiatrist, Clinical Professor of Psychiatry at the UCLA School of Medicine, Executive Director of the Mindsight Institute, author of "*Brainstorm: The Power and Purpose of the Teenage Brain*"

Dr. Siegel said that between the ages of 12 and 24, the brain changes in dramatic and important ways. He believes this brain development is the explanation for sometimes erratic, unusual and creative behavior in teens. He said that if parents understand the science behind these changes, they can better help their teenagers navigate this challenging phase of life.

**Issues covered:**  
Parenting  
Personal Health

**Length: 9:36**

**Kenneth Dautrich, PhD**, Associate Professor of Public Policy, University of Connecticut

Dr. Dautrich recently conducted a survey of students to learn their attitudes toward the First Amendment. He found that schools are spending more class time on the First Amendment, but a sizeable number of students either do not view the First Amendment favorably or take its protections for granted.

**Issues covered:**  
Citizenship  
Education

**Length: 4:52**

Show # 2014-08

Date aired: 2/23 Time Aired: 6:30A

**John M. Leventhal, MD**, Professor of Pediatrics and Medical Director of the Child Abuse and Child Abuse Prevention Program at Yale Medical School, expert in child abuse prevention

Dr. Leventhal has dedicated his career to the prevention of child abuse. He recently conducted a study that found that the first year of life is the most dangerous for children. He said that parents from any income, educational or social level can be the perpetrators of abuse, largely because they are unprepared to deal with infants' crying. He believes that educational programs for new parents could help reverse the trend.

**Issues covered:**  
Child Abuse  
Parenting

**Length: 8:31**

**Erin Botsford**, financial planning expert, author of "*The Big Retirement Risk: Running out of Money Before You Run Out of Time*"

For many baby boomers, the recession didn't wipe out their nests egg completely, but it did shrink it considerably. Ms. Botsford discussed the turbulence in today's economy and how it has changed retirement planning. She explained how people approaching their golden years can assess their financial needs and take steps to ensure a sound retirement.

**Issues covered:**  
Retirement Planning  
Senior Citizens  
Personal Finance

**Length: 8:41**

**Aaron W. Smith**, Senior Research Specialist with Pew Research Center's Internet & American Life Project

Mr. Smith surveyed 1,000 US adults and found that more half of consumers used cell phones in stores during the holidays. He outlined the most common ways that consumers use their phones as shopping tools. He also explained how brick-and-mortar stores may react to the trend by changing policies, products and prices.

Issues covered:

Economy  
Consumer Matters

Length: 5:01

Show # 2014-09

Date aired: 3/1 Time Aired: 6:30A

**John A. Eterno, Ph.D.**, Professor, Associate Dean and Director of Graduate Studies in Criminal Justice at Molloy College, former Captain with the New York City Police Department, co-author of "*The Crime Numbers Game: Management by Manipulation*"

Dr. Eterno conducted the first scientific examination of crime statistics manipulation in the New York City Police Department. He explained how increasing pressure to show decreasing crime rates by any means necessary has affected police departments throughout the United States. He discussed how this affects crime victims and explained what citizens can do, to ensure that their local police department is reporting crime statistics in an honest manner.

Issues covered:

Crime  
Government Policies

Length: 8:47

**Kristen Copeland, MD**, Assistant Professor of Pediatrics at Cincinnati Children's Hospital Medical Center

75% of young children in the US are in some form of pre-school or daycare outside the home. Dr. Copeland conducted a study that found that most children in day care get far too little exercise. She explained the reasons behind this trend and why parents should be concerned. She outlined the types of questions parents should ask when they are looking for a pre-school or daycare center.

Issues covered:

Children's Health  
Parenting  
Education

Length: 8:24

**Phil Reed**, Senior Consumer Advice Editor at Edmunds.com

Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

Issues covered:

Environment  
Consumer Matters

Length: 4:52

Show # 2014-10

Date aired: 3/8 Time Aired: 6:30A

**Brian Fleming**, combat veteran, co-author of "*Redeployed: How Combat Veterans Can Fight the Battle Within and Win the War at Home*"

Mr. Fleming discussed Post Traumatic Stress Disorder and other difficulties faces by combat veterans and their families. He noted that the suicide rate among veterans under the age of 30 has risen by 44% in the past several years. He said no one prepares veterans to successfully make the transition back home. He offered strategies for both vets and their families who are struggling with a return to civilian life.

**Issues covered:**

**Military Families Issues  
Government Policies  
Mental Health**

**Length: 9:16**

**Bradley F. Bale, MD**, heart attack and stroke prevention specialist, Medical Director of the Heart Health Program for Grace Clinic, Lubbock, TX, author of "*Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes*"

Heart disease affects 81 million Americans and is the culprit in one of every two deaths in the United States. Dr. Bale said most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. He outlined some relatively inexpensive lab tests than can uncover arterial inflammation and its underlying causes. He also talked about the importance of simple changes in lifestyle that can dramatically cut the risk of heart attack and stroke.

**Issues covered:**

**Personal Health**

**Length: 9:16**

**Alfie Kohn**, education watchdog, author of "*The Homework Myth: Why Our Kids Get Too Much of a Bad Thing*"

Mr. Kohn shared results of a study that found that more homework is being assigned to younger students each school year. He believes that homework provides no benefits in elementary school. He explained why homework is still so widely accepted, despite evidence against it.

**Issues covered:**

**Education  
Government Policies  
Children's Issues**

**Length: 4:37**

Show # 2014-11

Date aired: 3/15 Time Aired: 6:30A

**Deborah Serani, Psy.D.**, licensed psychologist, Adjunct Professor at the Gordon F. Derner Institute of Advanced Psychological Studies, co-author of "*Depression and Your Child: A Guide for Parents and Caregivers*,"

Childhood depression is on the rise in America. Dr. Serani discussed the major challenges faced by families of children with mental illness. She talked about the most common symptoms that indicate clinical depression or suicidal thoughts in children. She also outlined the most effective treatments.

**Issues covered:**  
Mental Health  
Parenting  
Suicide

**Length: 10:56**

**Julie Angwin**, Pulitzer Prize-winning investigative journalist, author of "*Dragnet Nation: A Quest for Privacy, Security and Freedom in a World of Relentless Surveillance*"

Ms. Angwin explained why Americans should be concerned about the rapidly increasing ways that the government, private companies, and even criminals use technology to indiscriminately sweep up vast amounts of our personal data. She outlined tools that people can use to reduce their digital footprint. She also talked about possible reforms that could be implemented to slow the erosion of privacy rights.

**Issues covered:**  
Privacy  
Government Policies  
Consumer Matters

**Length: 6:17**

**Russell Pate, PhD**, Professor of Exercise Science at the University of South Carolina

A third of U.S. adolescents are unfit, according to Dr. Pate's National Health and Nutrition Examination Survey, and he believes that it's time to get them moving. He said that kids who are unfit are likely to become unfit adults, with greater risks of developing diabetes, high cholesterol, high blood pressure and other illnesses. Dr. Pate offered simple ideas for parents on how to increase their kids' level of exercise.

**Issues covered:**  
Health  
Children's Issues

**Length: 4:57**

Show # 2014-12

Date aired: 3/22 Time Aired: 6:30A

**Stephen Downing**, retired Deputy Chief of the Los Angeles Police Department, board member of the nonprofit organization Law Enforcement Against Prohibition

Mr. Downing explained why he believes that the war on drugs has failed. He said that his on-the-job experience demonstrated the futility of trying to enforce current drug laws. He discussed the many negative consequences of the war on drugs, particularly on children. His organization believes that drugs should be legalized, controlled and taxed.

**Issues covered:**  
Drug Abuse  
Government Policies  
Crime

**Length: 8:38**

**Laurence Shatkin, PhD**, career information expert, author of numerous books on choosing a career, including "*150 Best Jobs for a Secure Future*"

Dr. Shatkin shared his research into the most secure jobs during hard economic times. He ranked occupations by pay, growth prospects, and number of potential openings, along with the amount of education or training required. He offered advice for young people who are considering their career options and for older workers thinking about a mid-life career change.

**Issues covered:**  
Employment  
Education

**Length: 8:36**

**Kendrin Sonnevile, ScD, RD, LDN**, Research Scientist, Clinical Nutrition Specialist at Children's Hospital, Boston

Dr. Sonnevile conducted a study that found that teenage girl athletes with the highest levels of vitamin D in their diets were half as likely to suffer a stress fracture. She said vitamin D deficiencies in teen girls are common. She explained which activities are most commonly associated with stress fractures and recommended ways to get enough vitamin D.

**Issues covered:**  
Personal Health  
Women's Issues

**Length: 5:04**

Show # 2014-13

Date aired: 3/29 Time Aired: 6:30A

**Michelle A. Riklan**, employment and career expert, co-author of "*101 Great Ways to Compete in Today's Job Market*"

Mr. Riklan offered marketing ideas for people either looking for a job or hoping to move their careers forward. She explained the critical importance of social media in today's job market and offered tips to optimize a LinkedIn page. She said even people who are secure in their current jobs should be prepared to immediately take advantage of an opportunity at a better job.

**Issues covered:**  
Employment Matters  
Career

**Length: 8:49**

**Judy Foreman**, nationally syndicated health columnist, author of "*A Nation in Pain: Healing Our Biggest Health Problem*"

According to government statistics, 100 million American adults live in chronic pain. Ms. Foreman discussed the connection between chronic pain and prescription drug addiction. She said exercise is one of the most effective ways to deal with chronic pain. She also discussed reforms in government policies that could allow the healthcare system to better deal with the epidemic of chronic pain.

**Issues covered:**  
Personal Health  
Drug Abuse  
Government Policies

**Length: 8:30**

**Ciji Ware**, author of "*Rightsizing Your Life*"

Many Baby Boomers are beginning to think about the future and how many material possessions they really need. Ms. Ware believes that more isn't always better. She offered ideas on how to make wise decisions in downsizing, in particular through recycling and donating unneeded items.

**Issues covered:**  
Charitable Contributions  
Recycling  
Consumer Issues  
Senior Issues

**Length: 4:58**

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