

KQSR-FM 2nd
Quarter 2016
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

2nd Qtr 2016 Quarterly Issues and Program

Date Aired: 04/02
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: VICTIMS RIGHTS WALK
Guest: Yuma County Attorney John Smith
And Alicia Franco advocates for the
Victims Rights Committee

ISSUE: 1,2,6,7

I invited John Smith and Alicia Franco in to the studio to discuss the victim's rights Walk that is slated for April 11th. They wanted to get the word out to the Yuma community that the walk was for everyone that wanted to show support for the people who have been affected by abuse, violence or a victim of crime. This walk is a walk around the venue to stop at booths to talk to volunteers and To discuss what the community can do to help whether it be Reporting a crime in progress, how to help a neighbor in need From abuse etc... There will be several booths set up and the community is invited to bring family members and anyone who Wants to bring awareness to the on-going problem of abuse whether it be physical or mental. The walk is scheduled at 6pm.

TOPIC OF THIS SHOW: Yuma AYF
Guest: KRIS DUKE AND RICHIE MARTIN
6:15 AM

ISSUE: 1,3,

Youth Sports is a huge deal here in Yuma. Richie has been in the Community for years and his kids were involved with Pop Warner Football but for the most part they noticed that that league Had a weight requirement instead of an age requirement. The AYF Is a football league that is an age group requirement. This is a new league and keeping the kids safe while playing sports. Some of the kids are missing out if they are not taken by a Pop Warner Team. This league give the kids who want to be involved with Playing football a better chance of being able to be on a team and Not be turned away for weight issues.

KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 4/9
Time Aired: 6:AM

Length: 15 min

TOPIC OF THIS SHOW: AZ Children's
Association 5K Color Dash
Guest: Shannan Gonzalaz

ISSUE: 1,2,7

Shannan from Arizona Children's Association was our guest to promote the upcoming fundraiser for the Association and wanted to get the community involved in the 5k Color Dash. This is a yearly event that takes place at West Wetlands Park on Saturday April 16th and registrants can get online to sign up or sign up the day of the event. All are welcome to run and bring the entire family. All funds raised go directly back into the Arizona Children's Association for what the kids need including toiletries, as well as clothing and school supplies for the upcoming 2016 2017 school year. The Community is invited to sign up individually or as a team of 4 or 5. Families are also encouraged to get involved. The time is 8am to register and the dash gets underway at 9:30.

TOPIC OF THIS SHOW: Grand Opening of SCHC
Guest: Adriana DelRio -Outreach
Enrollment Specialist
6:15 AM

ISSUE: 2,3,6,7

Adriana Del Rio was invited in to let the Yuma community know about the Grand Opening of the Sunset Community Health Center here in Yuma on Avenue B. This is a phenomenal center that is designed to help the community in their health needs. The community is invited to attend the grand opening as Sunset Community Health Center is offering FREE health screenings for all who attend the event on April 13th. The event will start at 10am and go until 4 with Dr.'s on hand to answer all of your questions and get you involved with a primary care physician if there is a need for that. Adriana is the Outreach Enrollment Specialist for Sunset Community Health Care and is available to answer any questions you may have regarding the new facility. (928)627-5021

KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 4/16
Time Aired: 6:AM

Length: 15 min

TOPIC OF THIS SHOW: Hospice of Yuma
GUEST: John Williams and New Medical
Director Dr Clevis Parker

ISSUE: 7,11

John Williams of Hospice of Yuma wanted to come in to introduce the new medical director for the facility Dr. Clevis Parker. Dr. Parker is a specialist in the field of End of Life care. Hospice is the Non Profit Hospice in the community and they were in need of a new medical director and Dr. Parker had already been here and He expressed his interest in traveling to Yuma to be involved in such a wonderful group and they go out to the community to make the end of life more comfortable. If anyone has questions concerning the Hospice Care they can call the referral program and get information on the process if there is an immediate need for Hospice Care. The Yuma community can get in touch with Hospice of Yuma if there is a need by calling (928) 343-2222.

TOPIC OF THIS SHOW: YUMA YOUTH TRIATHOLON
GUEST: Dr Jose Vega

6:15 am

ISSUE: 1, 6, 7

Dr. Jose Vega moved out a year and half ago to be a part of the Yuma Regional Medical Center. He came in to be a guest and invite kids to be a part of the Yuma Youth Triathlon. This was designed for our local youth to get out and encourage a healthy lifestyle. There is an immediate need for our local Yuma youth to get fit and learn how to live a healthy lifestyle. This Triathlon will take place on May 14th and kids will be split into age groups the youngest being 5-6 with a parent present for the younger ones. This triathlon will be a bike and obstacle course and a run. Dr. Vega is a part of the family medicine residency program. This day will be filled with a lot of fun for kids of all ages and you are encouraged to be a part of this day on May 14th.

KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 04/23-
Time Aired: 6AM

Length: 15 min

TOPIC OF THIS SHOW: MILITARY APPRECIATION
FAIR
GUEST: JOHN COURTIS

ISSUE: 1,2,7, 12

Yuma County chamber director John Courtis was a guest this weekend and he is a part of the first ever Military Appreciation Day here in Yuma. John thought it was important to start an event to help the service men and women get back into civilian life after they come back from duty overseas. This Fair Day is designed to help them stay here in the community if they are finished with the aspect of serving our country. We here in the Yuma community want to see our Military men and women stay but the community needs to put them to work and that is why this appreciation fair was put together. John Want to invite the community to become a vendor to set forth a way for them to stay and make a living here. If there are questions regarding this you are encouraged to call John at The Yuma Chamber of Commerce. (928) 782-2567

TOPIC OF THIS SHOW: Yuma Youth Triathlon
Guest: Dr. Jose Vega
6:15AM

ISSUE: 1,6,7

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KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 04/30
Time Aired: 6 Am

Length: 15 min

TOPIC OF THIS SHOW: ALZHIEMERS
ASSOCIATION
GUEST: MORGEN HARTFORD

ISSUE: 6,7,11

Morgen Hartford came in to discuss upcoming events for the Alzheimer's Association here in the Yuma County area. Morgen is an Advocate for the association and wanted to get the word out on how you can get involved in helping and donating free time to the Alzheimer's Association. This disease can affect people of all kinds and does not necessarily affect the old. There are people who have been diagnosed with early onset of memory loss and there are many different stages of Alzheimer's and it can affect so many in the victim's immediate family. Morgan invites anyone that may have questions or concerns to contact him at the regional Tucson office at 520 322 6601. If anyone in the community feels that a loved one may have an early onset of Alzheimer's they are free to connect online at ALZ.ORG/DSW.

TOPIC OF THIS SHOW: WACOG
Guest: KAYLA
DEB HANNEY
6:15 Am

ISSUE: 2,3,6,7

The Western Arizona Council of Governments directors came in to talk about programs they have coming up. WACOG's Deb Haney the Head Start Director came in with Kayla another important director for The programs Ops manager and program management. Head Start is a key program designed for children and they are enrolling for 2016 2017 school year and August is when the programs start but they will be filled long before that date. This program is federally funded program and parents can also have their kids screened for Any problems that may be seen by a parent. Application can be obtained online and sent as early as possible. Kayla says that volunteers are needed all the time in the classroom and Benefits Enrollment Councilor is needed as well. More info 782 1886

KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 05/07
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: Armed Forces Day
GUEST Daryl Tervo President of Rough
Riders M/C Club

ISSUE: 1,7,12

The Rough Rider M/C club Yuma chapter is hosting a Run in honor of Armed Forces Day on Saturday May 21st. they wanted to come in and discuss the event and invite all who would like to be a part of raising money for the veterans here in the Yuma Community. This is a yearly event and Motorcycle enthusiasts of all kinds are welcome to sign up between 8 and 11 at Bobby's Territorial Harley Davidson in the 21st and get there stops. A single rider is 21. Couples are \$31. And this will include all your food and entertainment at the end of the ride at The Mineshaft. There will be raffles and Drawings for your chance to win prizes and ALL of the proceeds go directly back to the local Yuma Veteran's. No rider will be turned away and it is a great way to show how much you care about our Vets.

TOPIC OF THIS SHOW: YCFB
Guest: MIKE IVERS

6:15 AM.

ISSUE: 7

President and CEO of the Yuma Community Food Bank Mike Ivers was invited in to talk about the need for food in the Summer months here in Yuma. There is a specific campaign going on that is SOS Which means Stock Our Shelves. Over the years the YCFB has asked for in excess of 80K pounds of food and has always exceeded what they ask for. With that in mind I asked Mike what the YCFB was asking for this year and he said 100K pounds in hopes of raising 110K pounds of food. Mike also wanted to let the community know that the paper plate campaign that people write thank you notes on is being made into a book with the help of Arizona Western college and the people who have written the thank you notes over the years. The book will be on Sale in Nov and all proceeds will go back to YCFB.

KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 5/14

Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: ARMED FORCES DAY
GUEST Daryl Tervo President of Rough
Riders M/C Club

ISSUE: 1, 7, 12

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TOPIC OF THIS SHOW: Military Appreciation
Fair

Guest : John Courtis

6:15 AM

ISSUE: 1, 2, 12

Yuma County chamber director John Courtis was a guest this weekend and he is a part of the first ever Military Appreciation Day here in Yuma. John thought it was important to start an event to help the service men and women get back into civilian life after they come back from duty overseas. This Fair Day is designed to help them stay here in the community if they are finished with the aspect of serving our country. We here in the Yuma community want to see our Military men and women stay but the community needs to put them to work and that is why this appreciation fair was put together. John Want to invite the community to become a vendor to set forth a way for them to stay and make a living here. If there are questions regarding this you are encouraged to call John at The Yuma Chamber of Commerce. (928) 782-2567

KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 5/21
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: Real Estate Guide
Guest: Travis Crowe Author
Time:

ISSUE: 3,8

Travis Crowe came into the studio to talk to Misty regarding his new publication Real Estate Guide. Travis said he wanted to write a Publication regarding hiring a Real Estate agent and what to do and how to protect yourself. Travis has a documented approach to selling houses and he had a house sold in one day. The book is written to help the seller protect themselves. The book is very telling for buyers and sellers alike. The book is not for sale the only way to get it is charitybook4free.com FREE copy is yours if you give 5.00 to a local charity. Travis's book has only been out for a month and 75 copies are already flowing through the area. This is a true passion with Travis and he also wants people to pass it on, just sign it inside and pass it along to a friend if they want to sell. You can always get another book from Travis. HOW to SELL the houses a Real Estate Guide By Travis Crowe.

TOPIC OF THIS SHOW: PARKS AND REC
Guest: DEBBIE WENDT
Time: 6:15 AM

ISSUE: 1,2,7

Debbie Wendt from Parks and Rec came in to discuss with Misty the Programs that are starting for the summer months, including the swimming pools which are opening Memorial Day Weekend. Free swim at Marcus Pool every Tuesday and Thursday from 1 to 3pm. Yuma Rotary Club Sponsors this program and it is so costly to keep the pools up and running when especially since they have to pay lifeguards too. Kennedy pool will be open for FREE swim on Saturday June 4th with games etc... There is also Scuba Classes open water class which is full class and they can get in open water in San Diego or Rocky Point after learning in an enclosed pool. June 11th for kids 10 and up can get to learn scuba too with discover scuba at Kennedy Pool to see if they like It. For more info yumaparksandrec.com

KQSR-FM

2ND Qtr 2015 Quarterly Issues and Program Report

Date Aired: 5/28
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: Amberley's Place
Guest: Trevor Umpress

ISSUE: 1,7

Misty and Trevor Umpress from Amberley's Place were discussing the Week in Paradise yearly event that is coming up. Amberley's Place is usually called out by law enforcement when there is a domestic violence situation. Amberley's Place calls on 6 or 7 cases a day. Amberley's Place is a safe haven for women, children and for anyone who is a victim of domestic violence. Amberley's Place is a Non-Profit organization that is able to help people get back on the right path. Week in Paradise is sponsored by local businesses and every dollar that goes back to the victims. Tickets for week in Paradise package is 10.00 to support this great organization. The trip is an all expenses paid trip to Hawaii the Grand Prize. There is also a trip to Disneyland 4 day 3 night stay. All packages are

TOPIC OF THIS SHOW: Summer Fitness
Guest: Anna Castillo

6:15 AM

ISSUE: 1,6

Misty had Anna Castillo in a local trainer for Snap Fitness. Summer is HOT here in the Yuma community and some people tend to stop the working out because it is so hot. Anna wants to let you know that making great decisions and portion control is a huge part of staying fit. Keeping hydrated is a BIG part of staying healthy so lots of water. Minimize the intake of soda and replace it with water. Early morning is the best time to work out before the heat of the day. Swimming is a great way to stay in shape as well. There are a ton of events coming up all summer that will be key to staying fit that are tons of fun like runs and stuff. Key question when someone says I can't lose weight. Anna is a big fan of eating healthy everyday. Balance is the key and portion control is HUGE. Cardio will help lose weight and it will help you lose weight.

KQSR-FM

2ND Qtr 2015 Quarterly Issues and Program Report

Date Aired: 06/4
Time Aired: 6: AM

Length: 15 min

TOPIC OF THIS SHOW: Amberley's Place
Guest: Trevor Umpress

ISSUE: 1,7

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KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 06/11
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: YUMA COUNTY LIBRARY
GUEST SARAH WISDOM

ISSUE: 3,7

Sarah Wisdom Librarian from the Yuma County Main Library came in to discuss what is on as far as programs for everyone in the Yuma community for Summer Programs. There is a summer reading program Designed for students of all ages and levels to keep up with their reading skills so they are prepared for the upcoming school year. Sign up is at all of the locations including the Yuma County Library in the Foothills. The Library focuses on these summer programs beginning in November of the previous year to be assured That they have awesome and incredible programs to peak the interest Of ALL of the Yuma community. Most of the programs will be geared towards kids from elementary school all the way to teens at the High School level. Library Cards can be obtained for free.

TOPIC OF THIS SHOW: Yuma County Visitors Bureau
Guest: Linda Morgan
6:15 AM

ISSUE: 1,7

I invited Linda Morgan in from the Yuma County Visitors Bureau to get the word out on what Yuma has for summer visitors and year round residents. Every year Yuma always has something going on for the summer. Linda expressed that not only do we have wonderful activities for all age groups including the Summer Jazz concert series that will go through August in Downtown every Friday night. Lutes Casino is a BIG sponsor of the Jazz series and all are invited to attend. In July Linda expressed her joy about the 4th of July spectacular happening at Desert Sun Stadium as it does every year ... A dollar will get you in to enjoy a BBQ and fireworks with your family/friends. Linda also expressed that there is a new program in place for community businesses to learn how to promote

KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 06/18
Time Aired: 6:Am

Length: 15 min

TOPIC OF THIS SHOW: SUMMER FIT
GUEST: ANNA CASTILLO

ISSUE 1,6

Misty had Anna Castillo in a local trainer for Snap Fitness. Summer is HOT here in the Yuma community and some people tend to stop the working out because it is so hot. Anna wants to let you know that making great decisions and portion control is a huge part of staying fit. Keeping hydrated is a BIG part of staying healthy so lots of water. Minimize the intake of soda and replace it with water. Early morning is the best time to work out before the heat of the day. Swimming is a great way to stay in shape as well. There are a ton of events coming up all summer that will be key to staying fit that are tons of fun like runs and stuff. Key question when someone says I can't lose weight. Anna is a big fan of eating healthy everyday. Balance is the key and portion control is HUGE.

TOPIC OF THIS SHOW: SEA CADETS
Guest: REBECCA BACON

6:15Am

ISSUE: 1, 3, 12

Rebecca bacon an officer with the Sea Cadet Squadron program came in to talk about the options for the youth of Yuma to take advantage of a great program. The Sea Eagle Squadron is a program that is NSCC Federally Chartered non-profit civilian youth leadership program. The mission is to provide opportunities for personal growth, self-reliance, technical skill experience, honor and commitment in a drug free environment. The program is designed for youth who want to be better and would like to expand their horizons. This program is not a correctional program nor is it designed for replacement of parenting or school discipline. Extensive physical training is required. All Cadets must be US citizens and maintain a C average in school. yumaseacadets.com

KQSR-FM

2ND Qtr 2016 Quarterly Issues and Program Report

Date Aired: 06/25
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: REAL ESTATE GUIDE
GUEST THOMAS CROWE

ISSUE: 3, 8

Travis Crowe came into the studio to talk to Misty regarding his new publication Real Estate Guide. Travis said he wanted to write a Publication regarding hiring a Real Estate agent and what to do and how to protect yourself. Travis has a documented approach to selling houses and he had a house sold in one day. The book is written to help the seller protect themselves. The book is very telling for buyers and sellers alike. The book is not for sale the only way to get it is charitybook4free.com FREE copy is yours if you give 5.00 to a local charity. Travis's book has only been out for a month and 75 copies are already flowing through the area. This is a true passion with Travis and he also wants people to pass it on, just sign it inside and pass it along to a friend if they

TOPIC OF THIS SHOW: YUMA VISITORS BUREAU
GUEST: LINDA MORGAN EXECUTIVE DIRECTOR

6:15 AM

ISSUE: 1,7

I invited Linda Morgan in from the Yuma County Visitors Bureau to get the word out on what Yuma has for summer visitors and year round residents. Every year Yuma always has something going on for the summer. Linda expressed that not only do we have wonderful activities for all age groups including the Summer Jazz concert series that will go through August in Downtown every Friday night. Lutes Casino is a BIG sponsor of the Jazz series and all are invited to attend. In July Linda expressed her joy about the 4th of July spectacular happening at Desert Sun Stadium as it does every year ... A dollar will get you in to enjoy a BBQ and fireworks with your family/friends. Linda also expressed that there is a new program in place for community businesses to learn how to promote Yuma as a year round destination called Yuma 101. For more info call 376-0100.



Call Letters: KQSR

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2016

Show # 2016-14

Date aired: 4/2 Time Aired: 6:30AM

Marie Jameson, home and lifestyle columnist, author of "*Downsizing The Family Home: What to Save, What to Let Go*"

Nearly everyone eventually faces the difficult, emotional journey of downsizing an aging parents' home. She talked about the often unexpected emotions and challenges as people sort through a lifetime of possessions. She explained how to make wise decisions on what to keep, toss or sell, and why it is usually easiest if elder family members are involved, rather than leaving the task to their heirs after their death.

Issues covered:

**Senior Citizens
Retirement Planning
Mental Health**

Length: 8:56

Tracey Helton Mitchell, former heroin addict, author of "*The Big Fix: Hope After Heroin*"

Ms. Mitchell shared her story of addiction and recovery. She spent eight years on the streets of San Francisco as a heroin addict, then successfully quit and started life anew. She talked about the common misconceptions about heroin addiction, especially for women, and offered advice for those who are struggling with substance abuse.

Issues covered:

**Substance Abuse
Women's Issues
Government Policies**

Length: 8:23

Arielle O'Shea, investing staff writer at NerdWallet.com

It's no secret that Americans need to save more. Ms. O'Shea outlined a recent analysis by NerdWallet that found an alternative approach. She said a 25-year-old could accumulate nearly \$1 million by simply saving and investing 50% of all raises and bonuses over the course of his or her career. She explained why saving for the future is more critical than ever and why this approach may be easier than more traditional plans.

Issues covered:

**Personal Finance
Retirement Planning**

Length: 4:54

Show # 2016-15

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

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:

Length: 8:49

**Employment Matters
Career**

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:

Length: 8:30

**Personal Health
Drug Abuse
Government Policies**

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:

Length: 4:58

**Charitable Contributions
Recycling
Consumer Issues
Senior Issues**

Show # 2016-16

Date aired: 4/16 Time Aired: 6:30 AM

Robert Sholly, domestic counterterrorism expert, retired army colonel who is experienced in both counter-terrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

Issues covered:

Length: 9:07

**Terrorism
Personal Protection
Emergency Preparedness**

Shaka Senghor, author of "Writing My Wrongs: Life, Death, and Redemption in an American Prison"

In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

Issues covered:

Length: 7:59

**Youth at Risk
Crime
Prison Reforms
Minority Concerns**

Monica Deza, PhD, Assistant Professor of Economics in the School of Economic, Political and Policy Science at the University of Texas, Dallas

Dr. Deza led a study that found that teen driving curfews might do more than reduce car accidents. They also may prevent teens from committing crimes or becoming pregnant. She talked about the most common crimes committed by teens and why driving restrictions may make a difference.

Issues covered:

Length: 5:07

**Youth at Risk
Crime**

Show # 2016-17

Date aired: 4/23 **Time Aired:** 6:30 AM

Steve Case, entrepreneur, investor, and businessman best known as the co-founder and former Chief Executive Officer and Chairman of America Online, author of "*The Third Wave: An Entrepreneur's Vision of the Future*"

Mr. Case discussed the rapidly changing nature of the Internet. He believes we are entering a dynamic new period of online development, where every part of our lives will rely on Internet connectivity. He sees this new wave defined not by hardware or software but by partnerships—especially between business and government. He predicted that entrepreneurs will dramatically change the way institutions like healthcare, education, and agriculture integrate the Internet into our lives.

Issues covered:

Length: 8:24

**Internet
Employment
Government Regulations**

Ellen Smit, PhD, Nutritional Epidemiologist, Associate Professor at Oregon State University College of Public Health and Human Sciences

Dr. Smit led a study that examined four barometers of whether someone's behavior could be considered healthy, and the results were dismal. She found that fewer than 3% of all Americans have a genuinely healthy lifestyle. She explained the importance of the four criteria and the health impacts of each. She also offered suggestions for those who would like to make changes to their own lifestyle.

Issues covered:

Length: 8:39

**Personal Health
Obesity**

Matt Schulz, Senior Industry Analyst at CreditCards.com

Mr. Schulz said 30 million Americans received a new chip-enabled credit card over the past six months. Mr. Schulz explained the benefits of the new cards. He also talked about the most common complaints by consumers who use them.

Issues covered:
Personal Finance
Consumer Matters

Length: 5:06

Show # 2016-18

Date aired: 4/30 **Time Aired:** 6:30AM

Steven Roberts, college-funding expert, author of *"Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better"*

Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship money and why a student's GPA isn't everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

Issues covered:
Education
Consumer Matters
Parenting

Length: 8:38

Laura Adams, Senior Insurance Analyst at insuranceQuotes.com

A traffic ticket can cause a driver's auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations, how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

Issues covered:
Traffic Safety
Consumer Matters

Length: 8:35

Julia Cameron, author of *"It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond"*

When someone retires, the newfound freedom can be quite exciting, but also daunting. Ms. Cameron explained how cultivating their creative selves can help seniors navigate this new terrain. She said that retirement can be the most rich, fulfilling and creative time of life. She outlined several tools to get there.

Issues covered:
Senior Citizens
Retirement Planning

Length: 4:57

Show # 2016-19

Date aired: 5/17 Time Aired: 6:30AM

Ric Edelman, nationally-recognized financial advisor, syndicated columnist, author of "*The Truth About Retirement Plans and IRAs*"

Only half of all eligible Americans contribute to a retirement plan. Mr. Edelman explained how the average person can save for a comfortable retirement. He talked about the importance of 401(k)s, and IRAs. He also explained how to determine how much money a person may need in retirement, and the dangers of borrowing money from retirement funds.

Issues covered:

Length: 8:31

**Personal Finance
Retirement
Senior Issues**

James Hubbard, MD, family physician, author of "*Living Ready Pocket Manual - First Aid: Fundamentals for Survival*"

Dr. Hubbard discussed basic skills that everyone should know in the event of a medical emergency, and basic first aid supplies that every home should have on hand. He outlined steps to stop serious bleeding and what to do in the event someone simply collapses. He also talked about the lifesaving value of automated external defibrillators, which are found in many public places.

Issues covered:

Length: 8:44

**Emergency Preparedness
Personal Health**

Simon Davidoff, Water Expert and Director, Food & Beverage Industry for Siemens Water Technologies

Mr. Davidoff talked about little-known ways that water is wasted by consumers each year, both directly and indirectly. He explained how businesses are changing their practices to reduce water consumption and what the average person can do to determine and reduce their personal "water footprint."

Issues covered:

Length: 4:58

**Environment
Consumer Matters**

Show # 2016-20

Date aired: 5/14 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:

Length: 8:52

Personal Health

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 # 2016-21

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

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 # 2016-22

Date aired: 5/28 **Time Aired:** 6:30AM

Dorothy Espelage, PhD, bullying and youth violence expert, Professor of Child Development, Department of Educational Psychology, University of Illinois at Urbana-Champaign

Dr. Espelage led a youth survey that explored the prevalence of sexual harassment and sexual violence among middle school youth as well as the locations where these behaviors occur. She said that these incidents are extremely common in schools and that they are a strong predictor of dating violence as students move into high school.

Issues covered:
Sexual Harassment
Violence
Parenting

Length: 9:34

Greg Kaplan, PhD, Assistant Professor of Economics, Princeton University

Roughly one-third of all American families live paycheck-to-paycheck, according to Dr. Kaplan's recent study. Surprisingly, he found that many of these are middle-class families who have decent incomes, but illiquid assets tied up in homes or retirement funds. He explained why this is so common and why it may not be as financially dangerous as it may appear.

Issues covered:
Economy
Personal Finance

Length: 7:46

Michelle Macy, MD, Assistant Professor of Emergency Medicine, University of Michigan

Dr. Macy's research found that that 90 percent of parent drivers admitted to distracted driving with kids in the car. She outlined ten types of driving distractions and explained why they are so dangerous. She also offered tips for parents who would like to minimize distractions on the road.

Issues covered:
Traffic Safety

Length: 4:45

Show # 2016-23

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

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 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 # 2016-24

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

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 take a hard look at how they prioritize performance over ethics.

Issues covered:
Ethics
Workplace Matters

Length: 4:56

Show # 2016-25

Date aired: 6/18 Time Aired: 6:30 AM

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
Child Custody

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

Length: 7:55

Career

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 # 2016-26

Date aired: 6/25 **Time Aired:** 6:30AM

Michele Borba, EdD, parenting expert, author of *"UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World"*

Studies have found that kids today are 40% less empathetic than kids were thirty years ago. Ms. Borba explained why kids are more stressed and less happy these days, and what parents can do about it. She explained why having a caring and kind attitude can lead to success later in life.

Issues covered:
Parenting
Youth at Risk

Length: 9:22

Brian Christian, science writer, co-author of *"Algorithms to Live By: The Computer Science of Human Decisions"*

Mr. Christian explained how computer algorithms can be applied to everyday life, helping to solve common decision-making problems. He believes the wisdom of computer science can help consumers to determine when to leave things to chance, how to deal with an overwhelming array of choices and how best to connect with others.

Issues covered:
Technology
Consumer Matters
Education

Length: 7:51

Sumir Karayi, computer expert, CEO of 1E, a software company that helps companies improve their environmental impact

Mr. Karayi discussed the results of a report by the non-profit Alliance to Save Energy and 1E that found that companies are wasting energy and losing sizable amounts of money by leaving computers on 24 hours a day. He explained why companies choose to do this, and what employees can do to convince corporate leaders to change the policy.

Issues covered:
Energy
Environment
Workplace Matters

Length: 4:58