

KQSR-FM 4th QTR. 2013

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

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 10/5
Time Aired: 6:00 & 6:15pm

Length: 15 min each

TOPIC OF THIS SHOW: Monster Mash
Guest: John Williams

ISSUE: 6 Health

The biggest fundraiser of the year for Hospice of Yuma is coming up. Monster Mash Two: The Sequel will be held on October 19th 2013. The event will help to raise funds for Hospice of Yuma to continue being able to operate in the area. Attendees will enjoy dinner, music, dancing, silent auction and, of course, a great time; all to help raise money for terminally ill patients in the Yuma community. Guests are invited to wear their favorite costumes, and could possibly even win a prize if theirs is the best. Tickets are \$50.00 each. Hospice of Yuma helps families with terminally ill patients. They are able to allow the person who is ill to remain at home..

TOPIC OF THIS SHOW: YPG Shutdown
Guest: Chuck Wullenjohn

ISSUE: 5 & 12 Government and
Military

The recent government shutdown has affected many parts of Yuma's military - including that of the Yuma Proving Ground. Chuck Wullenjohn appeared on our Desert Digest program to discuss the shutdown. YPG was completely shutdown, except for essential services. Many who rely on YPG for their paychecks were forced to resort to obtaining help from such agencies as the Yuma Community Food Bank. The closure of YPG pulled much needed money out of the Yuma economy, upwards of over 200-thousand-dollars on a daily basis. It is unknown when the government shutdown will be over - much like the sequester earlier this year. Until a budget is approved, all non-essential services at YPG will continue to remain shutdown..

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 10/12
Time Aired: 6:00 & 6:15

Length: 15 min each

TOPIC OF THIS SHOW: Yuma Community Food Bank Golf Tournament
Guest: Mike Ivers

ISSUE: 1 & 7 Recreation and Community Service Organizations

Mike Ivers, the CEO of the Yuma Community Food Bank, came on our Desert Digest Show to discuss the upcoming golf tournament to benefit the food bank. It will be held on November 2nd 2013 and the Yuma Country Club. The funds raised after expenses are paid will be used to help the food bank, which has struggled throughout 2013. Families requesting help this year has increased and the donations have decreased. There was an "SOS" issued earlier this year. The "Stock our Shelves" program was issued after the food bank ran out of food staples such as bread, meat and baby formula. The golf tournament will awarded golfers who place and sponsorships are available, from \$150.00 for a single player to major sponsorships available up to \$5,000.00...

TOPIC OF THIS SHOW: Great Arizona Shakeout
Guest: Cynthia Synder

ISSUE: 2 & 7 Family & Community Service Organizations

Arizonans must get better prepared before the next big earthquake, and practice how to protect ourselves when it happens. The purpose of the ShakeOut is to help people and organizations do both. The American Red Cross is at the forefront in helping keep people informed. Cynthia Snyder of the local Yuma office appeared on our Desert Digest program. There are many ways for individuals, businesses, schools, faith-based organizations, community groups, scouts, and others to participate in the ShakeOut, to get prepared for earthquakes, and to share what you're doing with others so they can do the same. Persons can participate in an earthquake drill to be held on October 17th 2013 and 10:17am. Schools and workplaces, including health facilities are encouraged to participate...

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 10/19
Time Aired: 6:00 & 6:15 AM

Length: 15 min each

TOPIC OF THIS SHOW: Yuma Community Food Bank Golf Tournament
Guest: Mike Ivers

ISSUE: 1 & 7 Recreation and Community Service Organizations

Mike Ivers, the CEO of the Yuma Community Food Bank, came on our Desert Digest Show to discuss the upcoming golf tournament to benefit the food bank. It will be held on November 2nd 2013 and the Yuma Country Club. The funds raised after expenses are paid will be used to help the food bank, which has struggled throughout 2013. Families requesting help this year has increased and the donations have decreased. There was an "SOS" issued earlier this year. The "Stock our Shelves" program was issued after the food bank ran out of food staples such as bread, meat and baby formula. The golf tournament will awarded golfers who place and sponsorships are available, from \$150.00 for a single player to major sponsorships available up to \$5,000.00..

TOPIC OF THIS SHOW: Wounded Warrior
Guest: Ron Leonard

ISSUE: 12 Military

The Wounded Warrior Project is a program dedicated to help those serving our country who sustain injuries during conflicts in other parts of the world. Ron Leonard appeared on our Desert Digest program. He and his wife Marilyn are training their rescue dog Molly to work alongside and comfort our wounded warriors. Ron and Marilyn are serving as missionaries with the North American Mission Board through Mission Service Corps funding. To encourage and equip (disciple) our military men, women, and families for ministry as they travel the world as ambassadors for Christ. They are hoping to take Molly to other areas, such as Yuma, since our area has a high population of veterans due to the location of MCAS and the Yuma Proving Ground..

KQSR -FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 10/26
Time Aired: 6:00 & 6:15

Length: 15 min each

TOPIC OF THIS SHOW: Voting in General Election
Guest: Renee Poquette Stallworth

ISSUE: 5 Government

Yuma County Recorder Renee Poquette Stallworth appeared on our Desert Digest program to discuss the upcoming General Election. There was some concern about the return of early and absentee ballots. Many had not been returned by the airing of this show, and over 10,000 ballots had been sent out. She urged those who requested those to have them returned either in person or by mail. On November 5th, the General Election will be held. She explained the process of how the top three vote getters would win and be elected to the two upcoming vacancies on the Yuma City Council. A third position was being contested by incumbent Paul Johnson. Of the three positions being contested, there are six that are running for those available positions.

TOPIC OF THIS SHOW: SMILE
Guest: Laura Duval

ISSUE: 7 & 10 Community Service Organization & Diversity

Laura Duval, the director of SMILE in Yuma appeared on our Desert Digest Program. SMILE continually advocates for the Independent Living Philosophy, both individually and system wide. The Board and staff constantly strives to improve the system by writing letters, training staff, providing services, and creating public awareness as to the services and opportunities open to people who have disabilities. The SMILE staff has been trained to assess homes for accessibility. We can implement permanent attached modifications, such as: Wheelchair ramps, grab bars, wheelchair accessible doorways, kitchen and bathroom adaptations. This program is funded by a CDBG grant from the City of Yuma.

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 11/2
Time Aired: 6:06 & 6:15 PM

Length: 15 min *each*

TOPIC OF THIS SHOW: Valley Fever
Awareness
Guest: Jessica Rigler

ISSUE: 6 Health

Jessica Rigler appeared on our Desert Digest program by telephone from Phoenix by phone to discuss Valley Fever during Valley Fever Awareness week. The technical name for Valley Fever is Coccidioidomycosis, or "Cocci" for short. It is caused by Coccidioides immitis, a fungus somewhat like yeast or mildew which lives in the soil. The tiny seeds, or spores, become wind-borne and are inhaled into the lungs, where the infection starts. Valley Fever is not contagious from person to person. It appears that after one exposure, the body develops immunity. It is a disease that makes several Arizonan's sick each year. The symptoms can last for up to six months after contact. Of all the people infected with Valley Fever, one or more out of 200 will develop the disease.

TOPIC OF THIS SHOW: SMILE
Guest: Laura Duval

ISSUE: 7 & 10 Community Service
Organization & Diversity

Laura Duval, the director of SMILE in Yuma appeared on our Desert Digest Program. SMILE continually advocates for the Independent Living Philosophy, both individually and system wide. The Board and staff constantly strives to improve the system by writing letters, training staff, providing services, and creating public awareness as to the services and opportunities open to people who have disabilities. The SMILE staff has been trained to assess homes for accessibility. We can implement permanent attached modifications, such as: Wheelchair ramps, grab bars, wheelchair accessible doorways, kitchen and bathroom adaptations. This program is funded by a CDBG grant from the City of Yuma.

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 11/9
Time Aired: 6:00 & 6:15 AM

Length: 15 min each.

TOPIC OF THIS SHOW: Fort Yuma Health
Clinic Movember
Guest: Daryl Melvin

ISSUE: 6 Health

Daryl Melvin, director of the Fort Yuma Health Clinic in Winterhaven, appeared on our Desert Digest program in November to discuss, "Movember". As an official global charity, Movember's vision is to have an everlasting impact on the face of men's health. During November each year, Movember is responsible for the sprouting of millions of moustaches on men's faces around the world. Through the power of the Mo, vital funds and awareness are raised to combat prostate and testicular cancer and mental health challenges. Locally, men were urged to get a medical checkup this month at the Fort Yuma Health Clinic of a medical provider of their choice. Funds raised support world-class men's health programs that combat prostate and testicular cancer and mental challenges.

TOPIC OF THIS SHOW: Goodwill Participant
of the Year
Guest: Fannie Osborn

ISSUE: 7 Community Service
Organizations

Fannie Osborn was named the 2013 Goodwill Participant of the Year for Arizona. Osborn is a volunteer coordinator at the Yuma Community Food Bank. The former Head Start teacher had retired in 2008 and moved from Eloy to Yuma to care for an ailing aunt. When her aunt died, she found it difficult to find a job. Osborn turned to Goodwill's Career Center, located at 1600 S 4th Avenue in Yuma, and in October 2012 enrolled in the Senior Community Service Employment Program, an on-the-job training and employment program for those aged 55 and older. Goodwill trained Osborn and updated her skills with classes at the Career Center, including a computer course. Then she was placed at the Yuma Community Food Bank for on-the-job training.

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 11/16
Time Aired: 6:00 & 6:15 AM

Length: 15 min each

TOPIC OF THIS SHOW: Employer Support of
the Guard
Guest: Scott Essex

ISSUE: 12 Military

Scott Essex from Employer Support of the Guard appeared on our Desert Digest program. ESGR is an integral part of the community since Yuma is the home to a Marine Core Air Station and the Yuma Proving Ground. Besides, many join the National Guard. As members of the National Guard, some employees have to take certain weekends off to go serve their country. ESGR is supported by a network of more than 4,900 volunteers in 54 committees located across all 50 states, the District of Columbia, Guam-CNMI, Puerto Rico and the U.S. Virgin Islands, fostering a culture in which all employers support and value the employment and military service of members of the National Guard and Reserve in the United States. They would be unable to serve without the support of their employers.

TOPIC OF THIS SHOW: Goodwill Participant
of the Year
Guest: Fannie Osborn

ISSUE: 7 Community Service
Organizations

Fannie Osborn was named the 2013 Goodwill Participant of the Year for Arizona. Osborn is a volunteer coordinator at the Yuma Community Food Bank. The former Head Start teacher had retired in 2008 and moved from Eloy to Yuma to care for an ailing aunt. When her aunt died, she found it difficult to find a job. Osborn turned to Goodwill's Career Center, located at 1600 S 4th Avenue in Yuma, and in October 2012 enrolled in the Senior Community Service Employment Program, an on-the-job training and employment program for those aged 55 and older. Goodwill trained Osborn and updated her skills with classes at the Career Center, including a computer course. Then she was placed at the Yuma Community Food Bank for on-the-job training.

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 11/23
Time Aired: 6:00 & 6:15 A

Length: 15 min each

TOPIC OF THIS SHOW: Thanksgiving
Overeating
Guest: Stuart Tomc

ISSUE: 6 Health

Eating too much is a typical issue that faces many during the holiday season. Doctor Sturat Tomc appeared on our Desert Digest program discussing the health benefits of omega-3 fatty acids and fish oil. He also talked dietary supplements, integrative medicine, inflammation, Omega-3s and 6s, EPA, DHA, GLA, fish oil supplementation and research, fish oil products, cod liver oil, the effects of essential fatty acids on weight loss. He recommends to start taking a regimen of Omega products to help jump start your metabolism, to keep from overeating during the upcoming holidays. By doing so, you will trick your mind and body into feeling as if you are full and not eat as much as you would before...

TOPIC OF THIS SHOW: North End
Thanksgiving Dinner
Guest: Lydia Blackthunder

ISSUE: 2 & 10 Family & Diversity

Lydia Blackthunder appeared on our Desert Digest program to discuss the upcoming free Thanksgiving Dinner to be served in the north end of Yuma on Thanksgiving Day, November 28th 2013. The 10th annual North End Feast will offer food, camaraderie and a family atmosphere to attendees from 11am to 2pm at the Dr. Martin Luther King Jr. Neighborhood Center. There is no charge for a Thanksgiving meal with all the trimmings. Turkey, ham, various side dishes and desserts will be served by volunteers from community groups, private businesses and faith-based organizations. There are no restrictions on who may attend: However, children ages 12 and under must be accompanied by an adult. Face painting, arts and crafts and music will be on site...

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 11/30
Time Aired: 6:00 & 6:15 PM

Length: 15 min each

TOPIC OF THIS SHOW: Employer Support of
the Guard
Guest: Scott Essex

ISSUE: 12 Military

Scott Essex from Employer Support of the Guard appeared on our Desert Digest program. ESGR is an integral part of the community since Yuma is the home to a Marine Core Air Station and the Yuma Proving Ground. Besides, many join the National Guard. As members of the National Guard, some employees have to take certain weekends off to go serve their country. ESGR is supported by a network of more than 4,900 volunteers in 54 committees located across all 50 states, the District of Columbia, Guam-CNMI, Puerto Rico and the U.S. Virgin Islands, fostering a culture in which all employers support and value the employment and military service of members of the National Guard and Reserve in the United States. They would be unable to serve without the support of their employers.

TOPIC OF THIS SHOW: SMILE
Guest: Laura Duval

ISSUE: 7 & 10 Community Service
Organization & Diversity

Laura Duval, the director of SMILE in Yuma appeared on our Desert Digest Program. SMILE continually advocates for the Independent Living Philosophy, both individually and system wide. The Board and staff constantly strives to improve the system by writing letters, training staff, providing services, and creating public awareness as to the services and opportunities open to people who have disabilities. The SMILE staff has been trained to assess homes for accessibility. We can implement permanent attached modifications, such as: Wheelchair ramps, grab bars, wheelchair accessible doorways, kitchen and bathroom adaptations. This program is funded by a CDBG grant from the City of Yuma.

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 12/7
Time Aired: 6:00 & 6:15 AM

Length: 15 min each

TOPIC OF THIS SHOW: Salvation Army Kettle Drive
Guest: Randy Hartt

ISSUE: 7 Community Service Organizations

Randy Hartt from the Salvation Army in Yuma appeared on Desert Digest to talk about the current Red Kettle Campaign. This is the largest fund raising effort the Salvation Army puts on every year to raise money to be used for different non profit organizations and to help the Salvation Army shelter and meals program. The campaign kicked off earlier in November, just before Thanksgiving and will continue through Christmas Eve. They have also teamed up with Alexander Ford for a food drive. Alexander Ford is giving discounts on vehicles services if people bring in non-perishable food items. The money and food raised through this campaign will help support the Christian Founded organization for 2014.

TOPIC OF THIS SHOW: Yuma Orchestra
Guest: Janet Jones

ISSUE: 1 & 7 Recreation & Community Service Organizations

Janet Jones appeared on our Desert Digest Program to talk about several upcoming Christmas themed concerts in December. The Yuma Orchestra Association has active since 1976 and is a nonprofit 501(c)(3) service organization. These volunteers strive to nurture and cultivate the arts through classical string music in the Yuma area. It is a statistical fact that studying music can increase a child's IQ, promote self-esteem, and enhance one's quality of life. YOA offers to string orchestras in the Yuma area: an extensive music library, an instrument loan program, tuition/lesson scholarships, educational programs for students and conductors, a student mentoring program, physical and monetary support to performing ensembles, and the annual Celebration of Strings

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 12/14
Time Aired: 6:00 & 6:15 AM

Length: 15 min EACH.

TOPIC OF THIS SHOW: Field to Feast
Guest: Ann Walker

ISSUE: 1 & 4 Recreation &
Agriculture

Ann Walker from the Yuma Visitors Bureau appeared on our Desert Digest program to talk about this year's Field 2 Feast tours, scheduled for January, February and March 2014. The highlight of these half-day tours led by a local grower is a visit to a field planted just for us at the University of Arizona research farm. There will be a quick food safety lesson from Yuma food safety experts, along with hairnets, rubber gloves, lettuce knives and a recipe cards telling cooks what is needed in the kitchen. Tickets are on sale now. There will also be three Farmer to Farmer Advanced Ag Tours that provide more in-depth, technical information especially tailored for those with a background in agriculture.

TOPIC OF THIS SHOW: Yuma's 100th
Centennial Celebration
Guest: Ricky Rhinehart

ISSUE: 1 & 5 Recreation &
Government

The city of Yuma is preparing to celebrate their 100th Anniversary in 2014. The city charter was founded in April 1914, just two years after Arizona Statehood. The celebration will be held the week of April 7th to the 12th 2014. Two new signs on Main Street in Downtown Yuma will be dedicated by Arizona Governor Janice Brewer. Several other events are planned including a 100 year Photo display, a Barbeque and Community Western Day, a Community Photo followed by a fireworks show, a History of Yuma Block party and the annual Taco Festival will be a part of the Centennial celebration along with a Centennial Music Festival featuring Lonestar and Creedence Clearwater Revisited. The website is live is yuma100.com with daily updates.

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 12/21
Time Aired: 6:00 & 6:15 AM

Length: 15 min each

TOPIC OF THIS SHOW: Doug Nichols
Guest: Doug Nichols

ISSUE: 5 Government

Doug Nichols is Yuma's Mayor-Elect. He was elected in August 2013 after current mayor Alan Kreiger announced he was not running for the office. Nichols will take office on January 1st 2014. He will also have a partially new Yuma City Council working with him as three new council members were elected in the November 2013 General Election. Nichols hopes to be able to have the city council work together as a cohesive unit. Even though he has served in the past as a Yuma City Council member, he has been through some training in recent weeks in learning the laws that affect municipalities. He has also been speaking with the different city agencies from Police to Fire to the City Administrator in getting ready for his new office.

TOPIC OF THIS SHOW: Yuma's 100th
Centennial Celebration
Guest: Ricky Rhinehart

ISSUE: 1 & 5 Recreation &
Government

The city of Yuma is preparing to celebrate their 100th Anniversary in 2014. The city charter was founded in April 1914, just two years after Arizona Statehood. The celebration will be held the week of April 7th to the 12th 2014. Two new signs on Main Street in Downtown Yuma will be dedicated by Arizona Governor Janice Brewer. Several other events are planned including a 100 year Photo display, a Barbeque and Community Western Day, a Community Photo followed by a fireworks show, a History of Yuma Block party and the annual Taco Festival will be a part of the Centennial celebration along with a Centennial Music Festival featuring Lonestar and Creedence Clearwater Revisited. The website is live is yuma100.com with daily updates.

KQSR-FM

4th Qtr 2013 Quarterly Issues and Program Report

Date Aired: 12/28
Time Aired: 6:00 & 6:15 Am

Length: 15 min each

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:

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.



Weekly Public Affairs Program

Call Letters: KQSR

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2013

Show # 2013-40

Date aired: 10/5 Time Aired: 6:30

Shawn Achor, former Professor of Psychology at Harvard University, CEO of Aspirant, a Cambridge-based consulting firm, author of "*The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work*"

Conventional wisdom is that happiness is a result of success, but Dr. Achor said his research in psychology and neuroscience has proven that the opposite is true: happy people become successful. He explains how employees and managers can reprogram their brains to become more positive in order to gain a competitive edge at work.

Issues covered:
Workplace Matters
Mental Health

Length: 8:27

Ralph Sacco, MD, immediate past-president of the American Heart Association, neurologist at the Miller School of Medicine at the University of Miami

The incidence of strokes among Americans age 45 and younger is rising dramatically. Dr. Sacco explained the likely reasons for this trend and why he is so concerned about it. He talked about the types of disabilities that stroke victims face and the likelihood of recovery. He also suggested steps to prevent a stroke.

Issues covered:
Strokes
Personal Health
Senior Citizens

Length: 8:44

Sarah Welch, organizational expert, co-author of "*Pretty Neat: The Buttoned-Up Way to Get Organized and Let Go of Perfection*"

Ms. Welch said nearly everyone believes that they need to be more organized, but that media images have made it more intimidating than ever. She said that people need to stop holding themselves to impossibly high standards, and focus instead on defining their own, realistic organizational goals. She outlined the steps to get started.

Issues covered:
Personal Productivity
Workplace Matters
Mental Health

Length: 5:04

Show # 2013-41

Date aired: 10/12 Time Aired: 6:30A

Anthony Carnevale, PhD, Director and Research Professor of the Georgetown University Center on Education and the Workforce

Americans in their 20s and early 30s are the most educated generation ever, but it's taking a lot longer for them to launch their careers. Dr. Carnevale explained how structural economic shifts and two recessions have turned this into the "lost decade" for Millennials, particularly men. He said the new demands for advanced skills in today's job market mean that young adults need more education and training--something that today's universities are failing to deliver.

Issues covered:
Unemployment
Education

Length: 8:18

Vicki Bogan, PhD, economist, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University

Dr. Bogan conducted a study of 529 savings plans, which are special tax-favored savings accounts intended to help families save for future college costs. Her study found that fees in these plans are surprisingly high, and the more valuable the state tax break, the higher the fees in a state's plan. She said the complexity of 529 plans often discourages parents from utilizing them. She explained how parents can learn to make wise decisions on saving for college.

Issues covered:
Education
Personal Finance
Parenting Issues
Government

Length: 8:56

Jay M. Harvey, MD, pediatrician in Trinity, FL

Choosing a pediatrician is one the toughest challenges faced by a new parent. Dr. Harvey explained how parents can make wise choices when selecting a pediatrician for their child, and what basic step parents can take to improve their children's health.

Issues covered:
Personal Health
Parenting Issues

Length: 4:48

Show # 2013-42

Date aired: 10/19 Time Aired: 6:30A

Ayal A. Aizer, MD, MHS, Chief Resident of the Harvard Radiation Oncology Program, Massachusetts General Hospital

Dr. Aizer talked about his study that found that cancer patients who are married are more likely to survive the disease than non-married cancer patients. He discussed the possible reasons behind this trend. He believes that the social support of a spouse is very important in health outcomes. He said patients who are married are also 50% more likely to receive recommended treatments for curable forms of cancer.

Issues covered:
Personal Health
Cancer

Length: 7:21

Marriage

Susan Eva Porter, PhD, school administrator and counselor, author of "*Bully Nation: Why America's Approach to Childhood Aggression is Bad for Everyone*"

Dr. Porter said she believes that today's children are no more aggressive or violent than previous generations, but our nation's sensitivity to bullying has increased dramatically. She said recent legislation targeting bullying has been largely ineffective, and does not help youngsters in the long run. She said labeling a child as a bully or victim also does more harm than good. She also said it's difficult to understand the size of the problem because national bullying statistics are very inconsistent.

Issues covered:
Bullying
Children's Issues

Length: 9:50

Edward S. Kubany, PhD, clinical psychologist, author of "*Healing the Trauma of Domestic Violence*"

Dr. Kubany discussed how victims of abuse can begin to recover and take back their lives. He explained where abuse typically begins in a relationship and how women can identify potential abusive men before becoming involved with them. He said most abused women also experience post-traumatic stress disorder.

Issues covered:
Domestic Violence
Women's Issues
Mental Health

Length: 4:37

Show # 2013-43

Date aired: 10/26 Time Aired: 16:30A

Richard Arum, PhD, Professor in the Dept. of Sociology with a joint appointment in the Steinhardt School of Education at New York University, Director of the Education Research Program of the Social Science Research Council, author of "*Academically Adrift: Limited Learning on College Campuses*"

Dr. Arum believes that the nation's higher-education system is effectively broken. His study of thousands of students found that while many leave college with degrees, a large percentage of them show little to no improvement in critical thinking or complex reasoning skills. He explained the reasons behind this disturbing trend and how it could be corrected.

Issues covered:
Education
Unemployment

Length: 10:01

Michael Pravica, PhD, Assistant Professor of Physics at the University of Nevada, expert in the physics of auto safety and crashes

Prof. Pravica discussed the role of physics in the understanding and investigation of car crashes. He talked about some of the most common misconceptions about speed. He also explained why he thinks that drivers should have an understanding of basic physics in order to drive more safely.

Issues covered:
Auto Safety
Science

Length: 7:10

J. Todd Lawrence, M.D., Ph.D., orthopedic surgeon at The Children's Hospital of Philadelphia, expert in sports-related injuries

Dr. Lawrence was the lead investigator of a study that found that sports-related knee injuries in children increased more than 400% over the past 12 years. He explained which sports are the most dangerous, and what types of injuries are most common. He also offered advice to parents and student athletes on how to prevent knee injuries.

Issues covered:
Children's Health
Parenting

Length: 4:46

Show # 2013-44

Date aired: 11/2 Time Aired: 6:30am

Ann Dowsett Johnston, award-winning journalist, author of "*Drink: The Intimate Relationship Between Women And Alcohol*"

Ms. Johnston said women have closed the gender gap in the past decade, not only in their professional and educational lives, but also in terms of alcohol abuse. She noted that corporations have developed marketing strategies and products targeted exclusively to women. She expressed particular concern that alcohol manufacturers are now using social media to target teenage girls for marketing messages.

Issues covered:
Substance Abuse
Women's Issues

Length: 9:27

Kathryn Edin, PhD, Professor of Public Policy and Management at the John F. Kennedy School of Government at Harvard University, co-author of "*Doing the Best I Can: Fatherhood in the Inner City*"

Dr. Edin studied fatherhood among inner city men who are sometimes called "deadbeat dads." She said the term does not accurately describe today's urban fathers, many of whom take pride in being involved in the lives of some of their children. She explained how economic and cultural changes have transformed the meaning of fatherhood among the urban poor.

Issues covered:
Inner City Issues
Parenting
Poverty

Length: 7:36

David L. Roth, Ph.D., Director of the Johns Hopkins University Center on Aging and Health

Dr. Roth's research found that caregivers assisting chronically ill or disabled family members had an 18 percent lower death rate than similar people who were non-caregivers. He talked about the possible reasons behind this surprising finding.

Issues covered:
Senior Citizens
Personal Health
Family

Length: 4:49

Show # 2013-45

Date aired: 11/9 Time Aired: 6:30A

Brian Reich, expert in new media and social networking, SVP and Global Editor for Edelman, author of "Shift & Reset: Strategies for Addressing Serious Issues In A Connected Society"

Mr. Reich believes that our connected society can be more effectively used to address the nation's critical challenges. He explained how non-profit organizations and volunteer groups should take advantage of rapidly changing technologies and new methods of communication to overcome the huge barriers facing the cause/philanthropy community.

Issues covered:

Length: 9:25

**Volunteerism
Philanthropy
Community Improvement**

Karen Pierce, PhD, neuroscientist, Co-Director of Functional Brain Imaging at the University of California San Diego Autism Center of Excellence, Assistant Research Neuroscientist in the Department of Neurosciences

1 in 100 children in the US have some form of autism. Dr. Pierce tested a simple checklist that can reliably diagnose autism in children by age 1. She explained the most common signs of the disorder and discussed recent advancements in treating it. She also offered optimistic advice for a parent whose child is diagnosed with autism.

Issues covered:

Length: 7:50

**Autism
Children's Issues**

Joshua Rosenbloom, student at Harvard Medical School

Mr. Rosenbloom led a study that examined whether alcohol can be good for the heart. His research found that women who survived a heart attack had a 35% lower chance of dying if they drank wine, beer or hard liquor in moderation.

Issues covered:

Length: 4:27

Personal Health

Show # 2013-46

Date aired: 11/16 Time Aired: 6:30A

Brad J. Bushman, PhD, Professor of Communication and Psychology, Margaret Hall and Robert Randal Rinehart Chair of Mass Communication at Ohio State University

Dr. Bushman's research found that gun violence in movies rated PG-13 has more than tripled since PG-13 was introduced in 1985. In fact, he found that today's PG-13 films depict more violence than R-rated movies. Dr. Bushman explained why parents should be concerned. He said the patchwork of different rating systems for TV, movies and video games is confusing for parents and should be standardized.

Issues covered:

Length: 9:01

**Parenting
Media**

Stewart D. Friedman, PhD, Professor at the Wharton School of Business at the University of Pennsylvania, Founding Director of the Wharton Leadership Program and Wharton's Work/Life Integration Project, author of "*Baby Bust: New Choices for Men and Women in Work and Family*"

Dr. Friedman studied two classes of Wharton School of Business students, and found stunning results: the rate of graduates who plan to have children has dropped by nearly half over the past 20 years. He outlined the reasons for this disturbing trend and explained why this could be a huge problem for our society. He also offered some potential solutions.

Issues covered:

Length: 8:04

**Parenting
Career
Education**

Chris & Toren Volkmann, co- authors of "*Our Drink: Detoxing the Perfect Family*"

Chris and Toren offered their perspective on college drinking, as a mother and son who personally suffered the effects. They discussed warning signs of excessive drinking that both parents and college students should be aware of, and talked about the changing attitudes on college campuses.

Issues covered:

Length: 4:36

**Substance Abuse
Youth at Risk
Parenting Issues**

Show # 2013-47

Date aired: 11/23 Time Aired: 6:30A

David Payne, Staff Economist at The Kiplinger Letter, overseeing Kiplinger forecasts for the US and world economies

More than 11 million Americans are unable to find work, yet there are 3.9 million job openings. Mr. Payne explained why many employers say they are having trouble filling positions. He said the majority of unemployed persons do not have the high-tech skills needed for most of the unfilled jobs. He said community colleges are an excellent resource for job hunters to gain skills to improve their prospects.

Issues covered:

Length: 9:01

**Unemployment
Education**

Patti Feuereisen, PhD, psychologist who specializes in therapy for survivors of sexual abuse

Dr. Feuereisen said that one in four girls will experience some form of sexual abuse by the age of sixteen. Many women never share their stories, but she believes that the healing process cannot begin until women talk about their experiences.

Issues covered:

Length: 9:38

**Sexual Abuse
Women's Issues
Mental Health**

Samira Beckwith, end of lifecare expert, President/CEO of HOPE Healthcare Services

Talking with a dying loved one is a difficult task. Ms. Beckwith offered suggestions on how to open a conversation with a terminally-ill patient. She said some doctors avoid having difficult conversations with their dying patients and will order needless treatments rather than tell their patients that they've exhausted all the treatment options.

Issues covered:
End of Life Issues
Personal Health
Senior Citizens

Length: 4:36

Show # 2013-48

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

Lisa M. Jones, PhD, Research Associate Professor of Psychology at the Crimes Against Children Research Center at the University of New Hampshire

Dr. Jones co-authored a recent study that found that teen sexting of sexually-oriented photos online or via cell phone may be far less common than people think. She summarized the findings and offered advice for concerned parents. She also discussed a second study she co-authored that examined how law enforcement agencies handle sexting investigations.

Issues covered:
Crime
Youth at Risk
Parenting

Length: 7:18

Christopher J. Conover, Research Scholar at Duke University's Center for Health Policy and Inequalities Research and an Adjunct Scholar at the American Enterprise Institute

Mr. Conover said both Social Security and Medicare are fiscally unsustainable in part because life expectancy has increased substantially since these programs began. He outlined what he believes are the most effective changes to restore the system to long-term viability.

Issues covered:
Senior Citizens
Retirement Planning

Length: 9:57

Jessica Miller, commercial real estate advisor, Principal with NegotiationPlus.com, co-author of "A Woman's Guide to Successful Negotiating, Second Edition"

Ms. Miller talked about the most common mistakes made by women in negotiations and the reasons behind those difficulties. She offered tips for women in scenarios such as bargaining for a car, and negotiating a divorce settlement.

Issues covered:
Women's Issues
Workplace Matters
Consumer Matters

Length: 5:04

Show # 2013-49

Date aired: 12/7 Time Aired: 6:30 A

Captain Charles Moore, environmental researcher, internationally-recognized pollution expert, founder of the Algalita Marine Research Foundation, author of "*Plastic Ocean: How a Sea Captain's Chance Discovery Launched a Determined Quest to Save the Oceans*"

Capt. Moore shared his story of accidentally discovering a 1000 square mile mass of plastic scraps in the Pacific Ocean in 1997. He explained where this "plastic soup" is originating and why it collects in that one location. He said little can be done to remove it, but he outlined steps that cities can take to keep plastic out of the environment.

Issues covered:
Environment
Consumer Matters

Length: 7:18

Sebastian K. Young, inspirational entrepreneur, author of "*I Had Every Excuse to Fail But I Chose None*"

When he was a youngster, Mr. Young's mother was brutally murdered. He talked about the challenges he faced as a result, and how he chose to forgive the killer in order to move forward in life. He explained how the wisdom his grandparents shared with him helped in making wise choices and in becoming a determined leader.

Issues covered:
Youth at Risk
Crime
Minority Concerns

Length: 9:57

Laura Arrillaga-Andreessen, Founder and former Chairman of SV2 (Silicon Valley Social Venture Fund), a venture philanthropy fund, Professor of Strategic Philanthropy at Stanford Graduate School of Business, author of "*Giving 2.0: Transform Your Giving and Our World Second Edition*"

The United States is the world's most generous nation. Ms. Arrillaga-Andreessen shared statistics that illustrate the charitable efforts of individual Americans. She suggested ways to maximize the impact of online contributions and offered advice to parents on how to raise a more giving family

Issues covered:
Charitable Donations
Volunteerism

Length: 5:04

Show # 2013-50

Date aired: 12/14 Time Aired: 6:30 A

Marjorie Treu, Career Coach and Management Consultant, author of "*78 Mistakes New Managers Make; What You Need to Know to Avoid Career Suicide*"

Ms. Treu offered suggestions for employees who may be concerned about potential layoffs. She outlined possible warning signs and how employees should react to them. She discussed the most common mistakes that may affect job security. She outlined other ways to successfully adapt to a changing job market.

Issues covered:
Unemployment
Workplace Matters

Length: 9:42

Shawn Bushway, PhD, Associate Professor of Criminal Justice at the State University of New York, Albany

Dr. Bushway was the co-author of a study that found that by age 23, almost a third of Americans have been arrested for a crime. He talked about the reasons behind this trend and how changes in policing may have affected it. He also discussed the possible employment ramifications, as many young people are unable to pass a background check for certain jobs.

Issues covered:
Crime
Youth At Risk

Length: 7:28

Daniel Byrd, PhD, Research Director at the Greenlining Institute

Dr. Byrd led a 3-year study that found that black and white Americans are still miles apart regarding their perceptions of equality or inequality among racial groups. He outlined the results of his research, and discussed possible ways to increase awareness of racism.

Issues covered:
Racism
Minority Concerns

Length: 4:59

Show # 2013-51

Date aired: 12/21 **Time Aired:** 6:30A

Michelle Garcia, Director of the Stalking Resource Center at the National Center for Victims of Crime

Nearly 3.5 million people over the age of 18 are stalked each year in the United States. Ms. Garcia talked about the most common stalker scenarios, and why the crime is so difficult to define. She also explained why new developments such as GPS and social networking sites have made it much easier for stalkers to target their victims.

Issues covered:
Stalking
Crime
Women's Issues

Length: 9:43

John Izzo, PhD, business consultant, author of "*Stepping Up: How Taking Responsibility Changes Everything*"

Mr. Izzo said that almost every problem, from personal and business challenges to social issues, can be solved if Americans looked to themselves to create change rather than expecting others to do it. He offered advice to employees who are afraid to speak up at work and how to encourage children to step up and improve problems they see in their community.

Issues covered:
Workplace Matters
Community Involvement
Parenting

Length: 7:33

Ron Shevlin, Senior Analyst with Aite Group, an independent research and advisory firm serving the financial services industry

Social media sites like Twitter and Facebook have empowered consumers in many new ways. Mr. Shevlin explained how these new tools have made it much easier to complain about a problem or to

influence corporate policies. He offered advice for the best ways for consumers to use social media to interact with companies.

Issues covered:
Consumer Matters
Technology

Length: 4:55

Show # 2013-52

Date aired: 12/28 **Time Aired:** 6:30A

Gary Small, MD, Professor of Psychiatry and Biobehavioral Sciences, Parlow-Solomon Professor on Aging at the David Geffen School of Medicine at UCLA, Founding Director of the UCLA Memory Clinic and Director of the UCLA Center on Aging, author of *"The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life"*

About 5 million Americans have been diagnosed with Alzheimer's disease, and that number is expected to triple in the next few decades. Dr. Small talked about the most common risk factors, and the simple steps that can be taken to prevent or delay the onset of Alzheimer's disease.

Issues covered:
Personal Health
Senior Citizens

Length: 8:17

Maribeth Kuzmeski, MBA, CSP, business consultant, author of *"The Engaging Child: Raising Children to Speak, Write, and Have Relationship Skills Beyond Technology"*

Today's young people are more "connected" than any other generation in history, but many have difficulties with face-to-face social connections. Ms. Kuzmeski explained why many teens can barely carry on a basic conversation and have trouble articulating what they want or need. She outlined steps that parents can take to encourage the growth of communication and social skills in their children.

Issues covered:
Parenting
Family
Mental Health

Length: 8:53

Richard Lichenstein MD, Director of Pediatric Emergency Medicine Research at the University of Maryland School of Medicine

Wearing earphones while walking, biking or driving can be much riskier than most people think. Dr. Lichenstein recently conducted a study that found that headphone-related deaths have tripled in the past several years. He explained who is most likely to become a victim and the reasons that this behavior is so dangerous.

Issues covered:
Traffic Safety
Personal Health

Length: 4:55