

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 2015 Quarterly Issues and Program

Date Aired: 04/4-4/5

Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: HEALTHY EATING

Guest: JUDY GRESSER

ISSUE: 6,3,

Judy Gresser Co-Chair of the Healthiest County in America Campaign came in to discuss the 28 Day Challenge that will be held starting on April 28th and will be held 4 times this year where you can get healthy eating tips and how to make meals that are healthy and good for the body. Judy touched base on how this will affect a person's entire way of living and teach you the basics of eating healthy for life as well as teaching your family to live a better lifestyle and be aware that healthy foods are the way to a better way of life. Eating healthy can stop the signs of becoming sick or getting diabetes, it can increase ones metabolism and making better choices In ones habits of eating can help with lowering blood pressure and heart disease.

TOPIC OF THIS SHOW: Yuma Bicycle Coalition

Guest: Gene Dalby /Jeff Brand

Aired 6:15am

ISSUE: 1,3,

Gene Dalby and Jeff Brand came in to make the community aware of the safety issues with bicycling within the Yuma Community. They touched on several different elements of bicycling including the laws. The laws are the same as if you were driving a motor vehicle. Always travel with traffic and always use your hand signals when stopping or making turns. Helmets are also to be worn if you are under the age of 18 even though most bicycle enthusiasts That are over 18 will always wear a helmet in case of an accident. Most bicycle accidents will result in some type of moderate to severe head injury if a helmet is not worn. Also the community of Yuma is investigating several spots to put bike trails but this will be voted on in the coming months so we can make this a safe sport.

KQSR-FM

2ND Qtr 2015 Quarterly Issues and Program

Date Aired: 4/11 4/12
Time Aired: 6am

Length: 15 min

TOPIC OF THIS SHOW: United Way Tax prep.
Guest: Karina Jones

ISSUE: 7

Karina Jones came in to discuss the importance of the Tax Preparation service that the United Way of Yuma is offering to Members of the community for free if they make 35k or less a year. Karina said you can you the service even if you are married filing jointly if your yearly income is a combined total of 35k. United Way of Yuma has the helpful people that have actually been trained by IRS to help complete the personal taxes for 2014. United Way of Yuma is encouraging all that qualify to use this service and get their taxes filed before the deadline April 15th. Agents are available up until that time and there are several locations throughout the Yuma area that are open with the right Agents to help you even with your back taxes if anyone has them.

TOPIC OF THIS SHOW: Department of
Developmental Service
Guest: George Hofer

Aired 6:15am

ISSUE: 5

George Hofer was our guest and came in to talked about the laws On building within the Yuma community. What type of special permits you need and how it is that you can go through the proper channels in building on your own property. There are a lot of different laws that will require the individual to have certain inspectors come out and deem the project fit or not. Zoning is important in any community but extremely beneficial in the Yuma community since we are highly respected in the Agricultural end of things. Example if you are a family and want to build a guest house on your own property can you just do it? The answer is no, it needs to be approved by the city and said family will have to have the proper permits to start building. If there are questions call DDS of Yuma.

KQSR-FM

2nd Qtr 2015 Quarterly Issues and Program

Date Aired: 5/2 5/3
Time Aired: 6 am

Length: 15 min

TOPIC OF THIS SHOW: Department of
Developmental Safety Yuma
Guest: George Hofer

ISSUE: 5

George Hofer was our guest and came in to talk about the laws on building within the Yuma community. What type of special permits you need and how it is that you can go through the proper channels in building on your own property. There are a lot of different laws that will require the individual to have certain inspectors come out and deem the project fit or not. Zoning is important in any community but extremely beneficial in the Yuma community since we are highly respected in the Agricultural end of things. Example if you are a family and want to build a guest house on your own property can you just do it? The answer is no, it needs to be approved by the city and said family will have to have the proper permits to start building. If there are questions call DDS of Yuma.

TOPIC OF THIS SHOW: RMEC
Guest: JEFF PACEWIC

ISSUE: 1,7

Aired: 6:15 am

Jeff Pacewic was my guest in the studio to talk about the Rocky Mountain Elks and the Banquet they have coming up in May. This banquet is for the entire community to get involved with and support the local chapter and make a difference in protecting the Elk and becoming a member of the club is a donation in itself. The Banquet this year will be held at the Hilton Pivot Point and they are encouraging the public to attend and find out how the Rocky Mountain Elks Foundation works. They will have Live and Silent auction games and speakers regarding the clubs intentions. For those interested in finding out more they can contact Cheryl For reservations and there will also be tickets available the Evening of the event . May 19th

KQSR-FM

2nd Quarterly Report Programs and Issues 2015

Date Aired: 5/9 5/10

Time Aired: *6am*

Length: 15 min

TOPIC OF THIS SHOW: RMEC

GUEST: JEFF PACEWIC

ISSUE: 1,7

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TOPIC OF THIS SHOW: SAFETY

Guest: Leeanne Worthen PAD

YPD

Aired: 6:15am

ISSUE: 1,3

In the studio for this community affairs segment was Leeann Worthen from the Yuma Poice Department. Leann is the Public Affairs Direcotr and we invited her in to discuss the safety concerns of the community when it comes to pedestrains and cycleists . Leeann discussed that she the community should be aware when they are driving a 3,000 lb motor vehicle and to also be advised that new rules have been set in place for cycleists as far as being allowed on the sidewalks since Yuma has limited bicycle lanes for the rider to be in. Drivers operating a motor vehicle need to follow the rules of the road for instance really being aware of crosswalks, and the possibility of a cycleists riding against traffic which is very common. The new laws will be put into place in mid May 2015.

KQSR-FM

2ND Qtr 2015 Quarterly Issues and Program Report

Date Aired: 5/16-5/17
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: AZ Scuba Shack and
United Way of Yuma

ISSUE: 1,7

Karina Jones from United Way of Yuma came in with Shawn from the Arizona Scuba Shack to discuss a fundraiser event they do every year. It is a Scuba lesson in our local pool for a Tax Deductible donation on AZ State returns. This is a yearly event and they are inviting the public to come out with family members and friends to Try the activity. This event takes place on May 30th from 8am to 12noon and is a safe fun environment to see if Scuba is something That would be a fit for you. ALL donations will go to the United Way of Yuma and 100% stays in Yuma, Karina wanted to stress the fact that all donations raised will stay local and be used for local needs. The Arizona Scuba Shack has been involved with the United way for 20 plus years and has a great community involvement.

TOPIC OF THIS SHOW: Safety
Guest: Leeann Worthen PAD for YPD

ISSUE: 1,3

Aired 6:15 am

In the studio for this community affairs segment was Leeann Worthen from the Yuma Poice Department. Leann is the Public Affairs Direcotr and we invited her in to discuss the safety concerns of the community when it comes to pedestrains and cycleists . Leeann discussed that she the community should be aware when they are driving a 3,000 lb motor vehicle and to also be advised that new rules have been set in place for cycleists as far as being allowed on the sidewalks since Yuma has limited bicycle lanes for the rider to be in. Drivers operating a motor vehicle need to follow the rules of the road for instance really being aware of crosswalks, and the possibility of a cycleists riding against traffic which is very common. The new laws will be put into place in mid May 2015.

KQSR-FM

2nd Qtr 2015 Quarterly Issues and Program

Date Aired: 5/23 -5/24
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW:
United Way of Yuma Extends Tax Help

ISSUE: 7,8

United Way of Yuma came has extended their tax help office through the end of June 2015 for residence that may need help in filing late or filing back taxes. This program has been beneficial To the community and the United Way employs several volunteer tax preparers that are trained by the IRS agencies to help with questions. If you have a tax problem they can take your tax documents on a drop off basis only with all your information and they will complete it and your personal info is safe and secure. However, if you have an issue like not filing for years they can also help you. Community residents are encouraged to get in touch with the United Way of Yuma to make an appointment to get expert advice on your current situation.

TOPIC OF THIS SHOW: Organ Donation
Guest: Jerry and Janine Lane

ISSUE: 6

Aired: 6:15 am

There is a great need for live organ donors. There are many myths and misconceptions about donating an organ. Jerry needs a Kidney and has been through the "waiting" list at a chance of having a donation for him. As it turned out his wife is a match and will be donating one of her kidneys to him. They disussed the process of donating an the benefits and risks of making and receiving an organ. They encouraged anyone that wants to gather more information or participate in donation to go to organdoner.gov as a starting point . Jerry and Janine are having surgery on the 18th of June.

KQSR-FM

2nd Qtr 2015 Quarterly Issues and Program

Date Aired: 5/30 5/31

Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: Castanada Chaos
Sal Castanada & Mike Jankowski

ISSUE: 1, 3, 7

The former wrestling coach of Cibola High School Sal Castanada and the coach now Mike Jankowski came into discuss the 15th annual Catanada Chaos Golf Tournament which is to benefit the Cibola High Wrestling team. They want people who are interested in having a fun day at Cocopah Golf Course and will welcome teams and even offer a Tax deduction on the Arizona State return . This is the 15th year that this fundraiser has been in place and they are excited to Invite anyone who wants to play to come on out and support the Wrestling team. If you need to be put on a team they can help with That too. All of the monies raised will stay within the wrestling Division at Cibola High School to help with uniforms and travel expenses when the team travels for match ups.

TOPIC OF THIS SHOW: UNITED BLOOD SERVICES

Guest: Janet Hopkins

Steve Martel Aired: 6:15 AM

ISSUE: 6.7

We invited United Blood Services in to talk about the importance of giving blood and what it means to the community as a whole when people step up to the plate and donate. These are the Summer months when Blood Doners are high in demand. My guest was Janet Hopkins and Steve Martel who is our new advocate here in the Southern Arizona recently transplanted to Tuscson from Minnesota. I will be Working with Steve in the coming months to get out community involved in our current Blood Drives that are scheduled to take place here in the Yuma area over the coming months. We also touched base on several blood types that are needed including the universal O negative. The community is encouraged to go to bloodhero.com and type in their zip code to find the next drive near them.

KQSR-FM

2nd Qtr 2015 Quarterly Issues and Program Report

Date Aired: 6/6 6/7

Time Aired: *6am*

Length: 15 min

TOPIC OF THIS SHOW: UNITED WAY TAX HELP
Guest: UNITED WAY OF YUMA
Hilda Nordell

ISSUE: 7,8

United Way of Yuma came has extended their tax help office through the end of June 2015 for residence that may need help in filing late or filing back taxes. This program has been beneficial To the community and the United Way employs several volunteer tax preparers that are trained by the IRS agencies to help with questions. If you have a tax problem they can take your tax documents on a drop off basis only with all your information and they will complete it and your personal info is safe and secure. However, if you have an issue like not filing for years they can also help you. Community residents are encouraged to get in touch with the United Way of Yuma to make an appointment to get expert advice on your current situation.

TOPIC OF THIS SHOW:
ORGAN DONORS

ISSUE: 6,

GUEST: Jerry and Janine Lane *Aired: 6:15am*

There is a great need in this country for live organ donors. There are many myths and misconceptions about donating an organ. Jerry needs a new kidney and has been through the "waiting" list for a chance at having a donation made for him. As it turned out his wife was a match and will be donating one of her kidneys to him. They discussed the process of donating and the benefits and risks of making and receiving an organ. They encouraged anyone that wants to gather more information or participate in a donation to go to organdonor.gov as a starting point. Jerry and Janine will be having surgery the 18th of June.

KQSR-FM

2nd Qtr 2015 Quarterly Issues and Program

Date Aired: 6/13- 6/14

Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: YUMA Visitors Bureau
Guest: Linda Morgan

ISSUE: 1,7,

Linda Morgan executive director for the Yuma Visitors Bureau Came in to chat with us about what there is in the summer months for the year round residents here in Yuma. Yuma is trying to become the year round destination. Heat can tend to make people stay inside but there are some terrific things to do in the summer. Tons of California residents come to Yuma to use the River and They definitely stay local on weekends. Tons of community events also keep Yuma hopping ALL summer long . Jazz Fest put on by Lutes Casino as well as all the new shops in the downtown area that are popping up. Flock of people who visit the winter are having a tendency to stay longer and see what it is that Yuma is all about in the Summer. We have a lot to offer and Yuma has it all.

TOPIC OF THIS SHOW: Yuma Visitors Bureau
Guest: Linda Morgan

ISSUE: 7

Aired: 6:15am

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KQSR-FM

2nd Qtr 2015 Quarterly Issues and Program

Date Aired: 6/27 6/28

Time Aired: *6 AM*

Length: 15 min

TOPIC OF THIS SHOW: Yuma Visitors Bureau
Guest: Linda Morgan

ISSUE: 7

Linda Morgan executive director for the Yuma Visitors Bureau Came in to chat with us about what there is in the summer months for the year round residents here in Yuma. Yuma is trying to become the year round destination. Heat can tend to make people stay inside but there are some terrific things to do in the summer. Tons of California residents come to Yuma to use the River and They definitely stay local on weekends. Tons of community events also keep Yuma hopping ALL summer long . Jazz Fest put on by Lutes Casino as well as all the new shops in the downtown area that are popping up. Flock of people who visit the winter are having a tendency to stay longer and see what it is that Yuma is all about in the Summer. We have a lot to offer and Yuma has it all.

TOPIC OF THIS SHOW: UNITED BLOOD SERVICES

Guest: JANET Hopkins and Steve Martell

AIRER: 6:15 AM

ISSUE: 6,7

United Blood Services has several blood drives throughout the community several times a year and came in to discuss the importance of community efforts to donate blood. With the summer months upon us and more people out and about it is necessary for the blood banks to have enough blood on hand to be able to give blood to the patients that are in need. Universal is always the highest in demand that is blood type O. Blood type O can be used for the entire population and is always the highest in demand. When asked if it's necessary to make an appointment for donating at a blood drive the answer was yes it is recommended but not necessary. If you are going to make a donation you can log on to Blood here . com and type in zip code to make an appointment.

KQSR-FM

2nd Qtr 2015 Quarterly Issues and Program

Date Aired: 6/27 6/28

Time Aired: *6 AM*

Length: 15 min

TOPIC OF THIS SHOW: Yuma Visitors Bureau
Guest: Linda Morgan

ISSUE: 7

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TOPIC OF THIS SHOW: UNITED BLOOD SERVICES

Guest: JANET Hopkins and Steve Martell

Aired 11:15 AM

ISSUE: 6,7

United Blood Services has several blood drives throughout the community several times a year and came in to discuss the importance of community efforts to donate blood. With the summer months upon us and more people out and about it is necessary for the blood banks to have enough blood on hand to be able to give blood to the patients that are in need. Universal is always the highest in demand that is blood type O. Blood type O can be used for the entire population and is always the highest in demand. When asked if it's necessary to make an appointment for donating at a blood drive the answer was yes it is recommended but not necessary. If you are going to make a donation you can log on to Blood here . com and type in zip code to make an appointment.



Call Letters: **KQSR-FM**

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2015

Show # 2015-14

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

Elizabeth Dunn, PhD, behavioral scientist, Associate Professor of Psychology at the University of British Columbia, co-author of "*Happy Money: The Science of Smarter Spending*"

Dr. Dunn's research found that people can significantly improve their happiness if they change the way they spend money. She said material things like luxurious homes or new gadgets provide much less happiness than experiential purchases like trips or concerts. She said spending money on other people provides a bigger happiness boost than almost any other expenditure.

Issues covered:
Consumer Matters
Mental Health

Length: 8:07

Eric Caine, MD, John Romano Professor and Chair of the Department of Psychiatry, Professor of Neurology, co-director of the Center for the Study of Prevention of Suicide at the University of Rochester Medical Center

Suicides among middle-aged Americans have increased dramatically in the past decade. Dr. Caine said the rate among white men and women in that age group jumped 40 percent, while it was essentially unchanged for most other racial groups. He said the recession and mortgage crisis may be an important factor in the increase. He added that Baby Boomers seem to have higher levels of depression than other demographic groups. He talked about potential warning signs for those at risk of suicide.

Issues covered:
Suicide
Mental Health
Substance Abuse

Length: 9:07

Adam Barry, PhD, Assistant Professor of Health Education, University of Florida

Dr. Barry conducted a study that found that two in five designated drivers had been drinking before getting behind the wheel and that 18% had blood-alcohol levels high enough to impair their driving skills. He outlined the potential reasons that designated driver education campaigns have been less than successful.

Issues covered:
Drunk Driving

Length: 4:56

Show # 2015-15

Date aired: 4/11 Time Aired: 6:30 AM

Kevin Carey, PhD, education researcher and writer, Director of the Education Policy Program at the New America Foundation, co-author of *"The End of College: Creating the Future of Learning and the University of Everywhere"*

The cost of college has exploded in recent years, and whole generations are sinking deeper into college debt. Mr. Carey discussed recent innovations in digital learning and why he believes that the current methods of higher education are woefully outdated. He said, more than ever, a college degree is required to secure even a middle class income for those entering the workforce, but he believes universities much be willing to adapt to online learning and other new technologies.

Issues covered:

Length: 8:30

Education

Government Policies

George King, MD, Research Director and Chief Science Officer, Joslin Diabetes Center, Harvard Medical School, author of *"The Diabetes Reset: Avoid It. Control It. Even Reverse It. A Doctor's Scientific Program"*

Dr. King discussed the effect of diabetes on the nation's health. He said it's possible to prevent and even reverse type 2 diabetes, through appropriate lifestyle changes. He outlined the importance of diet, exercise and sleep in the prevention of diabetes.

Issues covered:

Length: 8:38

Diabetes

Personal Health

Christopher Ferguson, PhD, psychology professor in the Department of Behavioral Sciences at Texas A&M International University

Dr. Ferguson led a study into the effects of fast food advertising on children. His research found that while advertising target at children is highly effective, parental influence can lessen the impact of commercials and help young kids make healthier food decisions. He offered advice for parents.

Issues covered:

Length: 4:53

Children's Health

Nutrition

Show # 2015-16

Date aired: 4/18 Time Aired: 6:30 AM

Scott Sampson, PhD, dinosaur paleontologist, Vice President of Research and Collections at the Denver Museum of Nature & Science, host of the PBS Kids' television series, *Dinosaur Train*, author of *"How to Raise a Wild Child: The Art and Science of Falling in Love with Nature"*

Today's American children spend 4 to 7 minutes a day playing outdoors. Dr. Sampson explained why this disconnect between kids and nature is a problem that should concern parents. He offered tips for parents to help kids fall in love with nature, by enlisting technology as an ally and encouraging outdoor activities like the Boy Scouts and Girls Scouts.

Issues covered:

Length: 10:22

Parenting

Environment

David Ernst, PhD, Chief Information Officer at the University of Minnesota's College of Education and Human Development, creator of the Open Textbook Library

The cost of college textbooks has skyrocketed in recent years, but a new trend of free or low-cost "open source" textbooks is gaining momentum. Dr. Ernst said college students could save an average of \$128 a course if traditional textbooks were replaced with the new electronic versions. He explained why this new generation of textbooks is often of equal academic value compared to traditional printed textbooks.

Issues covered:

Length: 6:57

**Education
Consumer Matters**

Linda Gordon Howard, attorney, author of "*The Sexual Harassment Handbook*"

Ms. Howard talked about progress in the battle against sexual harassment. She discussed how sexually inappropriate behavior in the workplace has evolved since attention was first focused on it. She believes many situations involving sexual harassment can be prevented or resolved if victims recognize what's happening and know what to do.

Issues covered:

Length: 5:13

**Sexual Harassment
Workplace Matters
Women's Issues**

Show # 2015-17

Date aired: 4/25 **Time Aired:** 6:30 AM

Laurence Kotlikoff, PhD, William Fairfield Warren Professor at Boston University, Professor of Economics at Boston University, Fellow of the American Academy of Arts and Sciences, President of Economic Security Planning, Inc., a company specializing in financial planning software, co-author of "*Get What's Yours: The Secrets to Maxing Out Your Social Security*"

The Social Security system has more than 2,700 core rules, and ill-informed choices of how and when to sign up can cost senior citizens literally hundreds of thousands of dollars in benefits. Dr. Kotlikoff said delaying retirement is often helpful, but he also outlined several little-known Social Security benefits that frequently are unclaimed.

Issues covered:

Length: 10:57

**Social Security
Senior Citizen
Government Policies**

Huntington Potter, PhD, Professor, Department of Neurology and Linda Crnic Institute for Down Syndrome, University of Colorado School of Medicine

Dr. Potter explained why Alzheimer's disease is such an expensive disease for the nation's healthcare system. He discussed who may be most likely to develop the disease, whether things like crossword puzzles can really keep the brain healthy, and where current research is headed.

Issues covered:

Length: 6:14

**Personal Health
Senior Citizens**

Leigh Thomas, "*An Ordinary Journey: A User's Guide to Healing from the Abuses of Sex, Drugs, Rock 'N Roll And Attempted Murder*"

Ms. Thomas discussed her personal experience as a victim of domestic violence, including incest, rape and physical abuse. She has dealt with her trauma through hope and a sense of humor. She offered advice to others who are going trying to escape domestic violence.

Issues covered:
Domestic Violence

Length: 4:44

Show # 2015-18

Date aired: 5/2 Time Aired: AM

Jaron Lanier, computer and digital network pioneer, author of "*Who Owns the Future?*"

Mr. Lanier explained why he thinks the rise of digital networks has led our economy into recession and decimated the middle class. He said people should be compensated for sharing their personal data with massive digital networks, such as Google, Facebook, Instagram, and in some cases, even the government. He said he is most concerned about the younger generations of Americans who have grown up with reduced expectations of privacy and success.

Issues covered:
Economy
Consumer Matters

Length: 10:25

Nate Cardozo, staff attorney for the Electronic Frontier Foundation, which champions privacy rights in the digital world

Many Americans might be surprised to learn that the vast majority of new cars today contain a device that continuously monitors the driver's behavior and vehicle performance. Mr. Cardozo said his biggest concern is that consumers have no way to know what data their car is recording or how long it retains it. He explained why loss of privacy is becoming a greater issue today, and how the problem could be addressed.

Issues covered:
Privacy
Consumer Matters
Government Regulation

Length: 6:45

Rand Ghayad, visiting scholar at the Federal Reserve Bank of Boston, Ph.D. candidate at Northeastern University

Mr. Ghayad led a study that found that employers frequently screen out job candidates who have been unemployed for more than six months. He found that employers showed about four times more interest in applicants out of work for six months or less, even if they had less experience and fewer qualifications than candidates unemployed for longer periods. He said job seekers must be willing to take any kind of work after a few months of unemployment, to avoid large gaps in their resume that will damage future prospects.

Issues covered:
Unemployment
Career

Length: 4:49

Show # 2015-19

Date aired: 5/9 Time Aired: 6:30 AM

Bruce Schneier, data security expert, author of "*Data and Goliath: The Hidden Battles to Collect Your Data and Control Your World*"

Americans' personal identity, interests and behavior are being monitored more than ever before. How concerned should we be about the loss of privacy? Mr. Schneier explained what can be done to reform government surveillance programs and shake up surveillance-based business models. He also outlined simple steps that consumers can take to protect their personal privacy.

Issues covered:

Length: 8:42

Privacy
Government Policies
Consumer Matters

Matthew Drayton, motivational speaker, author of "*Succeeding While Black: A Blueprint for Success*"

Many African-American young men find themselves in prison, in gangs, and on the streets without opportunities to succeed.. Mr. Drayton shared his personal story out of poverty. He talked about the importance of mentoring, education and leadership for kids who otherwise face grim futures in the inner cities of America.

Issues covered:

Length: 8:32

Minority Concerns
Youth at Risk
Poverty

Peter Polos, MD, PhD, specialist in sleep medicine at the Sleep Disorder Center of JFK Medical Center in Edison, NJ

Dr. Polos was the lead researcher in a study that examined how electronic media affects the sleep of teenagers. He found that teens lose a significant amount of sleep by sending an average of 34 texts after bedtime each night. He offered advice to parents, on how to take control of bedtime and set limits on their child's access to digital devices.

Issues covered:

Length: 5:01

Personal Health
Youth Issues

Show # 2015-20

Date aired: 5/16 Time Aired: 6:30 AM

Norman Bates, attorney, expert on the prevention of sexual violence against children, co-author of "*Preventing Child Sexual Abuse in Youth-Serving Organizations: Guidelines for Managers and Parents*"

Many parents will soon send their children off to summer camp, scouting events and sports activities. But without proper safeguards in place, these environments can provide opportunities for sexual misconduct and abuse to occur. Mr. Bates outlined the abuse prevention policies that youth-serving organizations need to implement, and the questions parents must ask to ensure that they are.

Issues covered:

Length: 8:12

Sexual Abuse
Youth At Risk
Parenting

Paul Sullivan, NY Times financial columnist, author of "*The Thin Green Line: The Money Secrets of the Super Wealthy*"

Mr. Sullivan explained why some people, even "rich" people, never find true wealth, and why other people, even those who have far less are much wealthier. He offered tips on how middle-class consumers can make better financial decisions, and come to terms with what money truly means. He said changing how Americans think about wealth can lead to more secure and less stressful lives.

Issues covered:

Length: 9:02

**Personal Finance
Consumer Matters**

Maggie Cary, National Board Certified Teacher, teacher with more than 20 years of experience, founder of ClassroomTalk.com

Ms. Cary said parents of high school students can save thousands of dollars in college costs if their child takes Advanced Placement courses in high school. She explained who is eligible for the classes and how prospective students can determine if a college accepts the credits. She also outlined other benefits for students who have completed AP courses.

Issues covered:

Length: 5:03

**Education
Personal Finance**

Show # 2015-21

Date aired: 5/23 **Time Aired:** 6:30 AM

Seth Godin, workplace expert and marketing guru, author of "*Linchpin: Are You Indispensable?*"

Mr. Godin outlined the biggest reasons that employment security and the workplace have changed so dramatically in the past few years. He suggested ways for employees to increase their value to their company through creativity, innovation and risk taking. He also offered advice for bosses who must find remarkable people to give their company a competitive edge.

Issues covered:

Length: 9:28

**Employment
Workplace Matters**

James Goodwin, MD, a geriatrician and researcher at University of Texas Medical Branch in Galveston

Current medical guidelines recommend that people over the age of 50 get a colonoscopy once every ten years. Dr. Goodwin said a surprising number of patients have them more frequently. He explained why this is a risky practice, and why as seniors get older, their need for colon cancer screening actually goes down.

Issues covered:

Length: 7:42

**Personal Health
Senior Citizens
Government Spending**

Joe Watson, management consultant who specializes in diversity, author of "*Without Excuses*"

Mr. Watson talked about the importance of diversity in corporate America and why it has been such an elusive goal. He offered advice for minority job-seekers on how to demand fair opportunities in the workplace.

Issues covered:

Diversity
Minority Issues
Workplace

Length: 4:52

Show # 2015-22

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

Michael Schmidt, Vice Chair of Cozen O'Connor's Labor & Employment Department in New York, publisher and editor of a blog devoted to the interplay between social media and employment law

Social media blunders can cost people their jobs. Mr. Schmidt talked about 1st Amendment rights in the workplace. He explained how to decide if a social media posting may be permissible. He said it's important for employers to formulate clear rules and policies regarding social media, to protect the interests of the company while not infringing on the rights of the employee.

Issues covered:

1st Amendment
Employment

Length: 7:39

Daniel Leffler, MD, Director of Clinical Research at the Celiac Center at Beth Israel Deaconess Medical Center in Boston

Gluten-free diets are popular today, but how many people should be concerned? Dr. Leffler discussed gluten sensitivity and its close cousin, Celiac disease. He said there is no benefit if a healthy person avoids gluten and, in fact, gluten free-diets may cause nutritional deficiencies. He outlined the symptoms of gluten sensitivity and explained how it can be diagnosed and treated.

Issues covered:

Personal Health

Length: 9:20

Eric Finkelstein, PhD, health economist, co-author of "*The Fattening of America*"

Over two-thirds of Americans are overweight or obese. Dr. Finkelstein believes that America's growing waistline is a by-product of our long-term economic and technological success. He said that business and policy makers need to devise strategies to make it cheaper and easier to be thin.

Issues covered:

Personal Health
Government Policies

Length: 5:00

Show # 2015-23

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

Donald Edmondson, PhD, MPH, Assistant Professor of Behavioral Medicine at the Columbia University Medical Center in New York

Dr. Edmondson's research has discovered that nearly one in four people who suffer a stroke also experiences symptoms of post-traumatic stress disorder afterwards. He discussed other life-threatening illnesses that can also result in PTSD. He said the younger a person is who experiences a

life-threatening event, the more likely they are to experience PTSD. He also talked about the potential treatments for the disorder.

Issues covered:
Personal Health
Mental Health
Senior Citizens

Length: 8:31

Kathryn Zickuhr, Pew Research Center's Internet and American Life Project.

Ms. Zickuhr led a surprising study that found that Americans ages 16 to 29 are actually more likely than older Americans to have read a printed book in the past year and are more likely than their elders to use a library. She discussed the rapidly changing landscape of technology and literacy, and how libraries have adapted.

Issues covered:
Literacy
Youth Concerns
Technology

Length: 8:44

Guillermo Payet, Founder and President of LocalHarvest.org, a non-profit organization that maintains a nationwide directory of small farms, farmers markets and other local food sources

Mr. Payet explained Community Supported Agriculture, where small farmers sell shares of their annual harvest to local families. The families then receive weekly deliveries of vegetables or fruit. He talked about the positive social and environmental impact of the "buy local" movement.

Issues covered:
Agriculture
Environment
Consumer Matters

Length: 5:02

Show # 2015-24

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

Jon D. Miller, PhD, Research Scientist, Director of the International Center for the Advancement of Scientific Literacy at the University of Michigan

Dr. Smith's research found that 48 percent of Generation X (ages 37-48) are enrolled in continuing education courses or other job training. He explained why technology and the changing job market have made it necessary for midcareer professionals to pursue lifelong learning opportunities. He believes this is the new norm, particularly in technical fields, such as medicine, auto mechanics or information technology, and that workers will routinely return to school to stay up to date with changing technology and trends.

Issues covered:
Education
Career

Length: 7:26

Paul Offit, MD, Chief of the Division of Infectious Diseases and Director of the Vaccine Education Center at the Children's Hospital of Philadelphia, Professor of Pediatrics at the University of Pennsylvania School of Medicine, author of book called "*Do You Believe in Magic? The Sense and Nonsense of Alternative Medicine*"

From visits to acupuncturists, chiropractors and naturopaths to the use of vitamins and supplements, half of the US population uses some form of alternative medicine. Dr. Offit said he believes that alternative medicine can be dangerous because it is an unregulated industry under no legal obligation to prove its claims or admit its risks. He explained why alternative medicine's popularity has grown so rapidly. He said he thinks some alternative treatments do work as a result of the placebo effect, enabled by the healing powers of the human mind.

Issues covered:
Community Health
Consumer Matters

Length: 9:41

Meghan Busse, PhD, Associate Professor of Management and Strategy at the Kellogg School of Management at Northwestern University

Dr. Busse was the co-author of a study that found women frequently are quoted higher prices for car repairs than men. The research also found that consumers (of any gender) who do their homework about the cost of repairs usually pay less. She offered advice on how to avoid being ripped off.

Issues covered:
Women's Issues
Consumer Matters

Length: 4:50

Show # 2015-25

Date aired: 6/20 **Time Aired:** 6:30 AM

Jamin Brahmhatt, MD, Urologist, co-director of the Personalized Urology & Robotics Clinic at South Lake Hospital, in affiliation with Orlando Health

Dr. Brahmhatt's organization commissioned a survey that found that far more men can remember their first car than those who can remember when they had their most recent health checkup. He discussed the reasons why an annual checkup is so important and the reasons that men avoid trips to the doctor. He also offered advice to wives who want to encourage their husbands to make health a greater priority.

Issues covered:
Personal Health
Men's Issues

Length: 7:26

Lori LaCivita, PhD, industrial and organizational psychologist

Thanks in part to older workers working past the traditional retirement age, four generations of workers are in the workforce at once for the first time. Dr. LaCivita said each generation prefers different leadership and communication styles, which can trigger challenges in the workplace. She outlined strategies for managers to build strong and effective teams with a diverse pool of employees.

Issues covered:
Workplace Matters
Senior Citizens

Length: 9:47

Ted Labuza, PhD, Ph.D., expert in food safety, Professor in the Department of Food Science and Nutrition at the University of Minnesota

Professor Labuza discussed how to interpret the expiration dates on food labels. Many of the dates don't mean what consumers think they do. He explained how to determine whether a package of food with a past expiration date is safe to eat.

Issues covered:
Food Safety
Consumer Matters

Length: 5:09

Show # 2015-26

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

Michael Oswald, author of "*Your Guide to the National Parks: The Complete Guide to all 58 National Parks*"

In researching his book, Mr. Oswald visited and camped in 48 of our national parks over the course of several years. He shared his thoughts on the importance of the national parks system, and offered advice for visitors regarding some of the lesser-known attractions. Based on his observations as a frequent visitor, he believes that the national park system is being managed and funded in a responsible way.

Issues covered:
National Parks
Tourism
Government Spending

Length: 8:08

Stanton A. Glantz, Ph.D., Director of the Center for Tobacco Control Research and Education at the University of California, San Francisco

Dr. Glantz published a comprehensive study of the effect of laws that ban smoking in public places. He found that the restrictions result in a rapid decrease in hospitalizations for heart attack, stroke, respiratory diseases, including asthma and chronic obstructive pulmonary disease. He said he favors even stronger legislation to restrict smoking, because he found that the strictest laws resulted in the highest health benefits.

Issues covered:
Public Health
Government Regulation

Length: 8:57

Roxana Soto, journalist, co-founder of SpanglishBaby.com, co-author of "*Bilingual Is Better: Two Latina Moms on How the Bilingual Parenting Revolution is Changing the Face of America*"

Since the founding of the US, immigrants traditionally expected their children to embrace the American melting pot by leaving behind their heritage language and speaking only English. However, Mrs. Sota is part of a growing movement of Latino parents who want to maintain their language and cultural heritage, by encouraging their children to be bilingual. She talked about the obstacles faced by bilingual families and the benefits of speaking more than one language.

Issues covered:
Latino Concerns
Language
Parenting

Length: 4:58

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