

KQSR

3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 07/04/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YUHSD Update
Guest: Gina Thompson

Issue: #3 Education

Yuma Union High School District Superintendent Gina Thompson called into the studio to discuss the most recent changes that have happened across the Yuma Union High School District. Every day is a new challenge but YUHSD is ready, for example, the end of the 2019-2020 school year was completed with contingency planning in place. It wasn't the end of the year anyone expected, however, students graduated, credits were earned and the next school year is moving forward. The high school district has been ready with technology in the student's hands for over five years now. Everyone had the opportunity to be able to complete his or her classes without incurring any downtime. The classroom may be in a virtual setting, but the teachers were able to accomplish every goal and criteria for completing a high school education on time this year.

Date aired: 07/04/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: ACT exams in AZ
Guest: Gina Thompson

Issue: #3 Education

Yuma Union High School District Superintendent Gina Thompson called into the studio to discuss the news regarding the ACT exam becoming the new standard for testing in Arizona high schools. This is an important decision that was just voted and approved by the Arizona Board of Education in June 2020. The official requirements will not be in place until 2022, however, the high schools in Yuma are ready for the ACT right now. Actually juniors in the Yuma Union High School District schools have already been taking the ACTs for over 10 years and every grade level has some ACT testing component already in place. Superintendent Thompson shared the opportunities other grades have to take the ACT exam. Every student in his or her junior year will be able to take the ACT exam for free because of a grant received from the Helios Education Foundation.

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3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 07/11/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YFD Summer Update
Guest: Mike Erfert

Issue: #5 Government

Yuma Fire Department Public Information Officer Mike Erfert called into the station to discuss with Cody Beeson safe ideas for getting through the summer in Yuma Arizona. This included what to look for when dealing with heat stroke and extreme temperatures, as well as safe tips for being around water such as a pool or the even the river. For water safety, the first critical step is awareness at all times for the parent. You also want to have a physical barrier, such as a wall, gate or fence. Training and teaching your young children to swim is another critical component. Studies show the more comfortable children are around water, the less likely they are to have a drowning related accident. Mike published information frequently and suggests following the City of Yuma Fire Department of Twitter and Facebook. For more information you can find our more at www.YumaAZ.gov

Date aired: 07/11/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County
Quarantine Update
Guest: Kevin Tunell

Issue: #5 Government

Kevin Tunell, Director of Communications for Yuma County was able to call into the studio to discuss with Cody Beeson the latest news from Yuma County regarding the Health Quarantine that is currently in place. As of right now Kevin reminds us to keep practicing social distancing as well as doing our part in keeping meetings, events and gatherings online and virtual. It's important right now to stop or slow the spread of any virus, so we must maintain the guidelines in place to ensure a safe environment for everyone in the county. In addition to staying at home as much as possible we need to continue the practice of washing our hands often and thoroughly. It is important to stay home if you are feeling any if the symptoms and to reach out to you primary care physician and not to overload the emergency medical services and hospital at this critical time.

KQSR

3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 07/18/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YFD Summer Update
Guest: Mike Erfert

Issue: #5 Government

Yuma Fire Department Public Information Officer Mike Erfert called into the station to discuss with Cody Beeson safe ideas for getting through the summer in Yuma Arizona. This included what to look for when dealing with heat stroke and extreme temperatures, as well as safe tips for being around water such as a pool or the even the river. For water safety, the first critical step is awareness at all times for the parent. You also want to have a physical barrier, such as a wall, gate or fence. Training and teaching your young children to swim is another critical component. Studies show the more comfortable children are around water, the less likely they are to have a drowning related accident. Mike published information frequently and suggests following the City of Yuma Fire Department of Twitter and Facebook. For more information you can find our more at www.YumaAZ.gov

Date aired: 07/18/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County
Quarantine Update
Guest: Kevin Tunell

Issue: #5 Government

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KQSR

3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 07/25/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Local Yoga Options
Guest: Lucy Valencia

Issue: #6 Health

Lucy Valencia with Studio Y Yoga called into the studio to discuss with Cody Beeson some of the health and body benefits from practicing yoga. As of right now there are not any local available yoga classes, however, Lucy was able to offer an online free class to anyone that is interested in taking up yoga. Once classes are able to resume in person, any local students can transition to the classroom. In addition to discussing the benefits of yoga, other topics covered included meditation as well as the importance of proper breath work. Lucy encourages anyone that is interested to contact Studio Y to find out more. Studio Y Yoga and Wellness was established to fill the need for a variety of affordable yoga and fitness classes. Classic yoga postures through deep awareness of correct body alignment and precise actions in the body bring both power and poise to the student.

Date aired: 07/25/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: YPD Scams
Guest: Sergeant Lori Franklin

Issue: #5 Government

Sergeant Lori Franklin called into the studio to discuss with Cody Beeson some of the latest news regarding scams currently impacting the Yuma community. There are a few different scams going around right now. One is the scammer pretending to be from a computer company telling you that you have issues with your computer and the second is the scammer calling you about a family member being in an accident or in trouble and you need to send money. Both of these scams have been around for a few years but are coming back around again. The Computer Tech involves "Tech support" scammers want you to believe you have a serious problem with your computer, like a virus. They want you to pay for tech support services you don't need, to fix a problem that doesn't exist. Please be cautious of calls from numbers you are not familiar with, especially those from out of the country.

KQSR

3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 08/01/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Local Yoga Options
Guest: Lucy Valencia

Issue: #6 Health

Lucy Valencia with Studio Y Yoga called into the studio to discuss with Cody Beeson some of the health and body benefits from practicing yoga. As of right now there are not any local available yoga classes, however, Lucy was able to offer an online free class to anyone that is interested in taking up yoga. Once classes are able to resume in person, any local students can transition to the classroom. In addition to discussing the benefits of yoga, other topics covered included meditation as well as the importance of proper breath work. Lucy encourages anyone that is interested to contact Studio Y to find out more. Studio Y Yoga and Wellness was established to fill the need for a variety of affordable yoga and fitness classes. Classic yoga postures through deep awareness of correct body alignment and precise actions in the body bring both power and poise to the student.

Date aired: 08/01/2020
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Length: 15 Min.

TOPIC OF THIS SHOW: YPD Scams
Guest: Sergeant Lori Franklin

Issue: #5 Government

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KQSR

3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 08/08/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County
Primary Election Information
Guest: Robyn Pouquette, Recorder

Issue: #5 Government

Robyn Pouquette called into the studio to share information about the upcoming Primary election for Yuma County. The Primary Election is in August and registered voters in Yuma County can go to any of the nine Vote Center locations from 6:00 a.m. to 7:00 p.m. to cast their ballot. The list of Vote Center locations are Martin Luther King, Jr. Neighborhood Center, Yuma Catholic High School, Yuma Civic Center, Community Christian Church, St. John Neumann Catholic Church, AWC Learning Center in Wellton, Somerton Middle School, Cesar Chavez Cultural Center in San Luis, San Luis Library. ID will be required on Election Day. If someone received an early ballot by mail but have not sent it back yet, they can visit one of the four mail ballot drop-off boxes throughout the county, or drop it off at any Vote Center on Election Day. Early ballots must be received by Yuma County Voter Services by 7:00 p.m. on Election Day.

Date aired: 08/08/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Pandemic Car
Care
Guest: Russell McCloud

Issue: #8
Consumer Protection

Russell McCloud called into the studio to discuss with Cody Beeson the importance of vehicle maintenance during the summer months as well as the additional safety and cleanness precautions taken during this unusual time. It is important to prepare for the summer differently than the winder months in Yuma, Arizona. Russell wanted to remind the community of the importance of checking tire pressure, oil and coolant levels as well. If someone is experiencing their vehicle running hotter than normal, it could save them thousands of dollars to simply pull over when the heat is rising. Failing to do so is the most common reason for this type of preventable incident. In addition to keeping the vehicle cool and running properly, it is also a good idea to keep an extra gallon of water in your vehicle as well, especially during summer in Yuma.

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3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 08/15/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County
Primary Election Information
Guest: Robyn Pouquette, Recorder

Issue: #5 Government

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Date aired: 08/15/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Pandemic Car
Care
Guest: Russell McCloud

Issue: #8
Consumer Protection

Russell McCloud called into the studio to discuss with Cody Beeson the importance of vehicle maintenance during the summer months as well as the additional safety and cleanness precautions taken during this unusual time. It is important to prepare for the summer differently than the winder months in Yuma, Arizona. Russell wanted to remind the community of the importance of checking tire pressure, oil and coolant levels as well. If someone is experiencing their vehicle running hotter than normal, it could save them thousands of dollars to simply pull over when the heat is rising. Failing to do so is the most common reason for this type of preventable incident. In addition to keeping the vehicle cool and running properly, it is also a good idea to keep an extra gallon of water in your vehicle as well, especially during summer in Yuma.

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3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 08/22/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: HSOY Furball
Guest: Kari Tatar

Issue: #7 Community
Service Organizations

Kari Tatar, Development Director for the Humane Society of Yuma was able to call into the studio and share the news regarding the upcoming fundraiser for the Humane Society. Normally the Furball is a grand event that is attended in person, however this year changes had to be made in order to keep everyone safe and compliant. This is one of the largest fundraisers the Humane Society of Yuma offers and goes to covering the cost of the shelter. This year all proceeds will be generated from sponsorship and an online auction. Attendees can participate through bidding live or in a silent auction on the day of the event. The Furball starts Saturday, September 19th at 6:00 PM and there are over 90 items to be won. All proceeds raised will go towards the capitol building fund. For more information visit HSOYuma.com

Date aired: 08/22/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Fall Classes and Discussions
Guest: Howard Blitz

Issue: #7 Community
Service Organizations

Howard Blitz, Executive Director of the Freedom Library was able to call into the studio and discuss the upcoming fall class schedule as well as the new changes to the programming for the Freedom Library. Normally classes are held at the offices of the Freedom Library. The purpose is to gather and discuss the ideas and principals of the U.S. Constitution. However, changes had to be made with the current health pandemic in full effect. On Tuesday and Thursday evenings Howard will still lead a discussion, however, now there is an option to attend online as well as in person. The discussion series are free to attend and participate, however there is a small fee to cover any costs books or materials. If someone already has the books, there is no charge. For more information about this program or any other programs offered please visit www.FreedomLibrary.org.

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3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 08/29/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Drowning Awareness
Guest: Mike Erfert

Issue: #6 Health

Yuma Fire Department Public Information Officer Mike Erfert called into the studio to discuss with Cody Beeson tips for getting through the summer in Yuma as well as "Drowning Awareness Month" and the simple but effective steps that can be taken to prevent childhood drowning. The first critical step is awareness at all times. You also want to have a physical barrier, such as a wall, gate or fence. Training and teaching your young children to swim is another critical component. Studies show the more comfortable children are around water, the less likely they are to have a drowning related accident. Mike published information frequently and suggests following the City of Yuma Fire Department of Twitter and Facebook. For more information you can find our more at www.YumaAZ.gov

Date aired: 08/29/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 2020 Census
Guest: Douglas Nicholls

Issue: #5 Government

Mayor Douglas Nicholls wants to remind the community to complete their Census questionnaire to be counted. The City of Yuma is stepping up as well, to help boost awareness of the 2020 Census, the City of Yuma is holding a series of parades that will notify neighbors that Census workers will soon appear in their neighborhood to knock on the doors of those who have not completed this year's Census. Between 10 and 15 City vehicles will participate in the parade, which will broadcast messages about the importance of filling out the Census. Residents can "stop the knock" by answering the Census online at my2020Census.gov. City staff will hand out free ice cream sandwiches or popsicles at the park to thank neighbors for their participation in the Census. Visitors should remember to wear facial coverings when claiming them. Treats are available while supplies last.

KQSR

3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 09/05/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: National
Preparedness Month
Guest: Mike Erfert

Issue: #5 Government

Yuma Fire Department Public Information Officer Mike Erfert shared with Cody Beeson information about National Preparedness Month. Our country has recently seen some significant emergencies with wildfires and Hurricanes. This is a good time to ask, what is your level of personal and family preparedness? How would you react if faced with having to leave your home? How about if utilities like electricity, gas, water, or telephone service are disrupted? What if grocery stores are closed due to the emergency? Do you have an emergency plan? What if something happens while you are at work and your family members become separated? In large scale emergencies, and community disasters, authorities will do their best to reunite families and provide other assistance to the public, but a personal emergency plan, especially one that has been discussed with your family, and practiced, is going to be more effective.

Date aired: 09/05/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Building A
Preparedness Plan / Kit
Guest: Mike Erfert

Issue: #5 Government

In a continued effort to promote National Preparedness Month, Yuma Fire Department Public Information Officer Mike Erfert talked with Cody Beeson about building a 72 hour kit and having a reliable emergency preparedness plan for the whole family, household or workplace. Every kit should contain some sort of first-aid supplies as well as a flashlight or glow sticks, knife, tape, rope, emergency blanket, radio, gloves, water, non-perishable food / MREs, and a list of contact numbers and addresses for family members and friends. You can also download and fill out your own Family Disaster Plan and Personal Survival Guide from the Yuma Fire Department page on the City of Yuma website. For more information about Emergency Preparedness, or fire and injury prevention classes offered, contact the Yuma Fire Department Public Information Office at 373-4855.

KQSR

3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 09/12/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: National
Preparedness Month
Guest: Mike Erfert

Issue: #5 Government

Yuma Fire Department Public Information Officer Mike Erfert shared with Cody Beeson information about National Preparedness Month. Our country has recently seen some significant emergencies with wildfires and Hurricanes. This is a good time to ask, what is your level of personal and family preparedness? How would you react if faced with having to leave your home? How about if utilities like electricity, gas, water, or telephone service are disrupted? What if grocery stores are closed due to the emergency? Do you have an emergency plan? What if something happens while you are at work and your family members become separated? In large scale emergencies, and community disasters, authorities will do their best to reunite families and provide other assistance to the public, but a personal emergency plan, especially one that has been discussed with your family, and practiced, is going to be more effective.

Date aired: 09/12/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Building A
Preparedness Plan / Kit
Guest: Mike Erfert

Issue: #5 Government

In a continued effort to promote National Preparedness Month, Yuma Fire Department Public Information Officer Mike Erfert talked with Cody Beeson about building a 72 hour kit and having a reliable emergency preparedness plan for the whole family, household or workplace. Every kit should contain some sort of first-aid supplies as well as a flashlight or glow sticks, knife, tape, rope, emergency blanket, radio, gloves, water, non-perishable food / MREs, and a list of contact numbers and addresses for family members and friends. You can also download and fill out your own Family Disaster Plan and Personal Survival Guide from the Yuma Fire Department page on the City of Yuma website. For more information about Emergency Preparedness, or fire and injury prevention classes offered, contact the Yuma Fire Department Public Information Office at 373-4855.

KQSR

3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 09/19/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 2020 Census
Guest: Douglas Nicholls

Issue: #5 Government

Mayor Douglas Nicholls wants to remind the community to complete their Census questionnaire to be counted. The City of Yuma is stepping up as well, to help boost awareness of the 2020 Census, the City of Yuma is holding a series of parades that will notify neighbors that Census workers will soon appear in their neighborhood to knock on the doors of those who have not completed this year's Census. Between 10 and 15 City vehicles will participate in the parade, which will broadcast messages about the importance of filling out the Census. Residents can "stop the knock" by answering the Census online at my2020Census.gov. City staff will hand out free ice cream sandwiches or popsicles at the park to thank neighbors for their participation in the Census. Visitors should remember to wear facial coverings when claiming them. Treats are available while supplies last.

Date aired: 09/19/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Co. Review
Guest: Russell McCloud

Issue: #5 Government

Yuma County Supervisor Russell McCloud joined Cody Beeson for a discussion and review on Yuma County and some of the most important accomplishments that took place during the four elected terms in which Supervisor McCloud served the citizens of Yuma County. One of the first and most passionate changes was related to economic development all throughout Yuma County. There as been significant growth in rural parts of the county and places like San Luis, Somerton, and Wellton have grown over that past 16 years. Working with small businesses and developers to make the local county government more accessible and business friendly has also been an accomplished goal for McCloud. The changes that have occurred at the staff level are because the process was dissected and reassembled with the goal of creating better customer service for all of the public.

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3rd Qtr 2020 Quarterly Issues and Program Report

Date aired: 09/26/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Co. Review
Guest: Russell McCloud

Issue: #5 Government

Yuma County Supervisor Russell McCloud joined Cody Beeson for a discussion and review on Yuma County and some of the most important accomplishments that took place during the four elected terms in which Supervisor McCloud served the citizens of Yuma County. One of the first and most passionate changes was related to economic development all throughout Yuma County. There as been significant growth in rural parts of the county and places like San Luis, Somerton, and Wellton have grown over that past 16 years. Working with small businesses and developers to make the local county government more accessible and business friendly has also been an accomplished goal for McCloud. The changes that have occurred at the staff level are because the process was dissected and reassembled with the goal of creating better customer service for all of the public.

Date aired: 09/26/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Walk to End
Alzheimer's
Guest: Carol Brown

Issue: #1 Community
Events

Carol Brown from WACOG called in to the studio to discuss the upcoming Walk to End Alzheimer's Event. The Walk to End Alzheimer's is hosted by the National Alzheimer's Association. This year the walk will take place on your own and participants can log their miles online. The National Alzheimer's Association wants to know you're walking in the event and need every walker to sign a standard form through their official registration. There is no registration fee for the Walk. However, it is asked that every walker that is able to make a personal donation and commit to raising funds in the fight against Alzheimer's. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. All donations are tax-deductible as allowed by law. This event is Saturday, October 17th 2020.



Weekly Public Affairs Program

Call Letters: KQSR-FM

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2020

Show # 2020-27

Date aired: 7/4/20 Time Aired: 6:30AM

Robert Cialdini, PhD, social psychologist, Regents' Professor Emeritus of Psychology and Marketing at Arizona State University, former visiting Professor of Marketing, Business and Psychology at Stanford University and the University of California at Santa Cruz, author of "*Pre-Suasion: A Revolutionary Way to Influence and Persuade*"

Dr. Cialdini talked about the science behind persuasion. He said it's not so much about the message, but what happens in the moment before the message is delivered. He explained how consumers can recognize when they are the target of this sales technique. He also discussed how it can be used in job interviews and other common daily activities.

Issues covered:
Consumer Matters
Career

Length: 9:54

Ateev Mehrotra, MD, Senior Investigator and Associate Professor of Health Care Policy at Harvard Medical School

Increasingly powerful computers are playing a greater role in our lives every year. Could a computer match, or even outperform, human physicians in diagnosing illnesses? Dr. Mehrotra led a study that found that humans still have the upper hand--for now. He outlined several possible ways that computers may play a greater role in future healthcare scenarios.

Issues covered:
Personal Health
Technology

Length: 7:11

Nicholson Baker, teacher, author of "*Substitute: Going to School With a Thousand Kids*"

Mr. Baker worked as on-call substitute teacher in a Maine public school district. He discussed the state of public schooling in America: children swamped with assignments, overwhelmed by social media and educational technology, and staff who struggle with overly ambitious curriculums.

Issues covered:
Education
Youth at Risk

Length: 5:00

Show # 2020-28

Date aired: 7/11/20 Time Aired: 6:30AM

Sean O'Leary, MD, Associate Professor, Pediatrics-Infectious Diseases at the University of Colorado School of Medicine, Director of the Colorado Pediatric Practice-Based Research Network, member of the American Academy of Pediatrics Committee on Infectious Diseases

As the school season approaches and the pandemic continues, administrators are struggling with plans to educate the nation's children. Dr. O'Leary was an author of new guidelines from the American Academy of Pediatrics that encourages having students physically present in school. He explained why remote learning has largely failed, and emphasized that there are major health, social and educational risks to keeping children at home.

Issues covered:

Education
Coronavirus

Length: 9:06

Morgan Seybert, Managing Director of US analytics at Nielsen

In the aftermath of consumer panic connected to COVID-19, Americans are now finding fewer choices on store shelves. Mr. Seybert said some companies plan to stick with fewer choices when the pandemic fades. He noted that baby care products, tobacco and frozen goods have seen the biggest reductions in varieties offered. He said restaurants are also thinning menus as the virus changes how they can seat and serve customers.

Issues covered:

Consumer Matters
Economy
Coronavirus

Length: 8:08

Monica Betson-Montgomery, author of "*The Keys to College: A Roadmap for Parents to Guide Their Children*"

Ms. Betson-Montgomery read and scored over 20,000 freshman college applications throughout her career. She believes the process of preparing for college should begin in grade school or even earlier. She outlined possible strategies for parents navigate their way through their child's educational career.

Issues covered:

Education
Parenting

Length: 4:57

Show # 2020-29

Date aired: 7/18/20 Time Aired: 6:30AM

Adam Levin, founder of security management and resolution company IDT911, author of "*Swiped: How to Protect Yourself in a World Full of Scammers, Phishers, and Identity Thieves*"

With online breaches of massive databases becoming increasingly common, identity theft is a fact of life. Mr. Levin explained the most common schemes used by scammers, to steal consumers' private information. He said beyond simple identity theft, other forms such as medical-related, tax fraud-related and child identity theft are all increasing rapidly. He offered suggestions for consumers on how to avoid becoming a victim.

Issues covered:
Identity Theft
Consumer Matters

Length: 9:29

Deborah Carr, PhD, Professor of Sociology, Interim Director of the Institute for Health, Health Care Policy and Aging Research at Rutgers University

A recent federal report noted that, no matter how advanced their age, older men are far more likely to be married than older women. Dr. Carr said life expectancy explains only part of this gray gender gap. She discussed the economic, social and health effects of this issue. She also explained why many older women are content to be single anyway.

Issues covered:
Women's Issues
Senior Citizens
Retirement

Length: 7:40

Jonathan Dirlam, doctoral student in Sociology at Ohio State University

Mr. Dirlam was the lead author of a study that found that job satisfaction in a worker's late 20s and 30s has a link to mental health 15-20 years later. He said those less than happy with their work early in their careers reported that they were more depressed and worried and had more trouble sleeping in their 40s.

Issues covered:
Mental Health
Career

Length: 4:57

Show # 2020-30
Date aired: 7/25/20 Time Aired: 6:30AM

Federico E. Vaca, PhD, Professor of Emergency Medicine and Director of the Yale Developmental Neurocognitive Driving Simulation Research Center (DrivSim Lab)

Teens are getting drivers licenses later than previous generations and missing critical safety training as a result, according to Dr. Vaca's research. He discussed the importance of Graduated Driver Licensing requirements, which are typically not required after a person turns 18. He outlined potential policy changes that could expand and improve driver safety training, regardless of age.

Issues covered:
Traffic Safety
Teen Concerns

Length: 8:26

John-Tyler Binfet, PhD, Psychologist, Associate Professor of Education at the University of British Columbia Okanagan

Dr. Binfet discussed his research into kids and kindness, which challenges media stereotypes that teens are common perpetrators of bullying, cyber harassment and schoolyard fights. He said most parents would be surprised at how kind their children are to others outside of the home. He also suggested ways for parents to encourage their kids to be kind.

Issues covered:
Children's Issues
Parenting
Mental Health

Length: 8:48

Daniel Soques, PhD, Assistant Professor of Economics at the University of North Carolina
Wilmington

The reaction to COVID-19 shutdowns has led to an unexpected coin shortage nationwide, causing some businesses to notify customers that they have no change to give, or to encourage only electronic transactions. Prof. Soques explained the factors behind the shortage and what steps are being taken by the Federal Reserve to address it. He also said that moving away from physical cash and coins disproportionately affects low income and homeless people.

Issues covered:

Economy
Consumer Matters
Government
Poverty

Length: 5:03

Show # 2020-31

Date aired: 8/1/20 Time Aired: 6:30AM

Jonathon Wai, PhD, Psychologist, Research Scientist at the Duke University Talent Identification Program

Dr. Wai is one of the researchers involved in a 45-year study of intellectually gifted children. He noted that kids who test in the top 1% tend to become the nation's eminent scientists and academics, Fortune 500 CEOs and federal judges, senators and billionaires. He said, because of the focus on lower performing students, youngsters who show an early aptitude for subjects like science and math tend not to receive the help they need. He offered several simple steps schools can take to help gifted students reach their full potential.

Issues covered:

Education
Parenting

Length: 9:00

Joann S. Lublin, Management News Editor for the Wall Street Journal, author of "*Earning It: Hard-Won Lessons from Trailblazing Women at the Top of the Business World*"

Ms. Lublin said that, although career prospects have improved, progress is still frustratingly slow for women hoping to break the glass ceiling in large companies. She explained what it takes for women to climb to corporate heights in America, such as finding a career mentor.

Issues covered:

Women's Issues
Workplace Matters

Length: 8:13

Sage R. Myers, MD, MSCE, Assistant Professor in Pediatrics at the University of Pennsylvania Perelman School of Medicine, Attending Physician in the Division of Emergency Medicine at Children's Hospital of Philadelphia

Contrary to what many believe, living in the city is far less risky than in the country, according to a study Dr. Myers recently completed. She said that although homicides in cities still outpace those in rural areas, the risk of dying from some form of accident or injury is 20 percent greater in rural counties. She explained how this research can be used for future planning of trauma centers and other improvements to the medical system.

Issues covered:

Personal Health
Crime

Length: 4:55

Show # 2020-32
Date aired: 8/8/20 Time Aired: 6:30 AM

Sofia Cienfuegos, Dietitian, Intermittent Fasting Researcher, Human Nutrition PhD Candidate at the University of Illinois at Chicago

Ms. Cienfuegos led a study that examined the effectiveness of intermittent fasting for weight loss. She found that obese adults lost an average of 3% of their body weight in two months without counting calories, simply by confining their eating to a 6-hour window each day. She said the weight loss led to other significant health improvements, as well.

Issues covered:
Personal Health
Obesity
Nutrition

Length: 8:00

Simone Bruce, Psy.D., visiting therapist at the Behavioral Wellness Clinic in Connecticut, expert in mental health issues related to racism and discrimination

Dr. Bruce said that the impact of race-based stress and trauma on the mental health of black people has been ignored far too long. She said that mental health professionals' lack of education in this area often results in misdiagnosis and mistreatment. She explained how the death of George Floyd sparked a serious increase in stress, anxiety and fear in the black community.

Issues covered:
Racism
Mental Health

Length: 9:23

Merete Berg Nettet, Norwegian University of Science and Technology

Domestic violence is on the rise, partly as a result of COVID-19 lockdowns. Prof. Nettet led a study that found that anger management treatment for offenders can have dramatic results in the prevention of physical and emotional violence. She found that two forms of treatment, cognitive-behavioral group therapy and a stress management course based on mindfulness, worked equally well. Prior to treatment, 85% cent of the male study subjects used physical violence that resulted in harm to their partner. After treatment, the percentage fell to 10%.

Issues covered:
Domestic Violence
Mental Health

Length: 5:02

Show # 2020-33
Date aired: 8/15/20 Time Aired: 6:30 AM

Sophie Egan, former Director of Health and Sustainability Leadership for the Strategic Initiatives Group at The Culinary Institute of America, author of *"How to Be A Conscious Eater: Making Food Choices That Are Good for You, Others, and the Planet"*

Ms. Egan offered easy-to-remember suggestions for making practical decisions about food. She explained why the organic label is important for certain specific foods. She outlined the concerns relating to some canned foods, particularly for children and pregnant women. She also explained how to choose foods that have the least impact on the environment.

Issues covered:

Length: 8:55

**Nutrition
Food Safety
Environment
Consumer Matters**

Bindu Kalesan, PhD, MPH, Assistant Professor of Medicine, Assistant Professor of Community Health Services at the Boston University School of Public Health

Dr. Kalesan led a study that examined gun suicides in rural America. She said that rather than firearm confiscation, efforts to reduce these suicides should be focused on addressing other diseases of despair which are connected to suicide, such as heart and liver diseases, diabetes and accidental opioid overdose. She said it is critical that those at risk of suicide and opioid addiction are treated by mental health professionals, rather than just untrained support from families or friends.

Issues covered:

Length: 8:29

**Suicide
Mental Health
Gun Control
Drug Abuse**

S. Vincent Rajkumar, MD, hematologist and researcher at the Mayo Clinic

The concept of herd immunity has sparked debate about whether it would control the spread of COVID-19. Dr. Rajkumar explained the two weapons the human body uses to fight the virus: antibodies and T cells. He also discussed whether immunity to COVID-19 can decrease with time.

Issues covered:

Length: 5:04

**Personal Health
Coronavirus**

Show # 2020-34

Date aired: 8/22/20 **Time Aired:** 6:30 AM

Melanie Cullen, management and technology consultant, author of "Get It Together: Organize Your Records So Your Family Won't Have To"

Ms. Cullen said disorganization can be a nightmare for those who need to step in to help an elderly person as a caregiver or estate executor. She offered simple ways to organize important records like passwords, financial records, insurance policies, funeral arrangements, and other personal information.

Issues covered:

Length: 8:36

**Senior Citizens
Retirement Planning**

Peter Mazareas, PhD, worked with the U.S. Congress on legislation to create 529 savings plans, co-author of *"Plan and Finance Your Family's College Dreams: A Parent's Step-By-Step Guide from Pre-K to Senior Year"*

Planning and paying for a college education is a daunting task for most parents. Dr. Mazareas discussed the merits and complexities of 529 savings plans, which allow parents to save tax-free for higher education expenses. He said that there are numerous free and easy-to-access tools for parents to plan for the costs of college.

Issues covered:

Length: 8:38

Education
Consumer Matters
Parenting

Pamela Rutledge, PhD, Director of the Media Psychology Research Center, Fielding Graduate University in Santa Barbara, CA, author the "Positively Media" column for PsychologyToday.com, Editor-in-Chief of the academic journal Media Psychology Review

Dr. Rutledge talked about the effect of selfies, Instagram and other social media phenomenon on girls' self-esteem. She believes that parents should not be overly concerned, that selfies are just the latest form of exploration and identity experimentation in teenagers' formative years.

Issues covered:

Length: 5:01

Girl's Issues
Parenting

Show # 2020-35

Date aired: 8/29/20 Time Aired: 6:30 AM

Laura Makaroff, DO, Senior Vice President of Prevention and Early Detection at the American Cancer Society

The American Cancer Society has updated its guidelines for diet and physical activity for cancer prevention. Dr. Makaroff said the new recommendations increase the suggested levels of physical activity and place an increased emphasis on reducing the consumption of processed and red meat, sugar-sweetened beverages, processed foods, and alcohol.

Issues covered:

Length: 8:05

Cancer Prevention
Personal Health
Physical Fitness

Christine Carter, PhD, sociologist, Senior Fellow at the Greater Good Science Center at the University of California Berkeley, author of *"The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction"*

Prof. Carter discussed recent parenting research, along with her own real-world experiences as the mother of four teenagers. She also said that teens are struggling more than ever with suicidal thoughts, depression and anxiety, and that many of the challenges facing today's teens didn't exist when their parents were young. She outlined what she believes are the three most critical skills that parents need to teach their kids.

Issues covered:

Length: 9:12

Parenting
Teenage Concerns
Mental Health

Rachel Lampert, MD, Associate Professor of Medicine at Yale School of Medicine

Arrhythmias and sudden cardiac arrests are blamed for 400,000 deaths annually in the US. Dr. Lampert's research has found that anger and other negative emotions may be a major factor in many of these cases. She explained how stress and anger may affect electrical impulses in the heart, and discussed several methods of dealing with stress and anger.

Issues covered:
Personal Health
Mental Health

Length: 5:00

Show # 2020-36
Date aired: 9/5/20 Time Aired: 6:30 AM

Stephanie Ruest, MD, FAAP, Pediatric Emergency Medicine Fellow at Rhode Island Hospital, fellow of the American Academy of Pediatrics

Dr. Ruest's research on behalf of the American Academy of Pediatrics found that the more time children spend using digital devices, the less likely they are to finish their homework. Children who spent two to four hours a day using computers, videogames, tablets and smartphones had 23 percent lower odds of always or usually finishing their homework, compared to children who spent less than two hours. Dr. Ruest offered advice to parents on how to monitor and control digital usage.

Issues covered:
Education
Parenting

Length: 7:39

Laura Adams, Senior Insurance Analyst for insuranceQuotes.com

Ms. Adams outlined a new study by insuranceQuotes that found that 86% of Americans are unaware that insurers use the claims history of previous homeowners to set premiums for new policies. She explained why consumers are unaware of this database, what it contains, and how they can obtain a free report for their property.

Issues covered:
Consumer Matters
Home Ownership

Length: 9:26

Heidi Williams, PhD, Class of 1957 Career Development Associate Professor in the Department of Economics at Massachusetts Institute of Technology

The average amount an American spends on healthcare varies wildly, depending on where they live. Yet the outcome—average life expectancies—are similar. Dr. Williams co-authored a study of millions of Medicare patients' records. She found that decisions by patients and doctors are responsible for virtually equal shares of the differences in regional spending.

Issues covered:
Personal Health
Consumer Matters
Government Spending

Length: 4:55

Show # 2020-37
Date aired: 9/12/20 Time Aired: 6:30AM

Sam Emaminejad, PhD, Assistant Professor of Electrical and Computer Engineering at the UCLA Samueli School of Engineering

Prof. Emaminejad has developed an add-on for existing smartwatches that allows the device to monitor drug levels inside a person's body in real time. He said the wearable technology could be incorporated into a more personalized approach to medicine – where an ideal drug and dosages can be tailored to an individual. He believes the cost will be low and it could be available to consumers within two or three years.

Issues covered:
**Personal Health
Technology**

Length: 8:52

Lisa Boucher, RN, author of "*Raising the Bottom: Making Mindful Choices in a Drinking Culture*"

Ms. Boucher said many Americans quarantined are feeling more and more disconnected, which can easily lead to substance abuse. She added that people who may already have drinking problems are drinking more because they are alone, and alcohol can be easily ordered online and delivered to their homes. She outlined warning signs and what help is available for those struggling with alcohol abuse.

Issues covered:
**Substance Abuse
Coronavirus**

Length: 8:18

Roger Beckett, Executive Director of the Ashbrook Center at Ashland University, Ashland, Ohio

For years, the teaching of history and civics has taken a back seat to STEM (science, technology, engineering, math) education. Testing has found that only 18 percent of 8th graders are deemed "proficient" or better in history; only 23 percent in civics or government. Mr. Beckett explained why he believes the founding documents of our country should be essential reading for every American, especially students.

Issues covered:
**Education
Government Policies**

Length: 5:03

Show # 2020-38
Date aired: 9/19/20 Time Aired: 6:30AM

Danielle Holly, CEO of Common Impact, a nonprofit organization headquartered in Boston, which encourages skills-based volunteerism

Ms. Holly's organization recently issued a report that examined the impact of the COVID-19 pandemic on nonprofit organizations. She said the effect has been staggering, and the skills and expertise of corporate employees are a critical part of restoring and sustaining non-profit organizations. She outlined the core challenges different non-profit groups are facing, and ways that Americans can help, through philanthropic and skilled volunteer support.

Issues covered:
**Volunteerism
Charitable Contributions
Coronavirus**

Length: 8:44

Ray Dorsey, MD, David M. Levy Professor of Neurology and Director of the Center for Health + Technology at the University of Rochester Medical Center, co-author of "*Ending Parkinson's Disease: A Prescription for Action*"

Dr. Dorsey said brain diseases are now the world's leading cause of disability. The fastest growing of these is Parkinson's: the number of impacted patients has doubled to more than six million over the last twenty-five years and is projected to double again by 2040. He believes more resources must be placed into research, because while cases are on the rise, the most effective treatment is now a half century old.

Issues covered:
Parkinson's Disease
Personal Health

Length: 8:34

Catherine Ettman, doctoral student at the Boston University School of Public Health

Ms. Ettman led a first-of-its-kind study at the Boston University School of Public Health that found that the number of American adults with depression symptoms had tripled as of mid-April, when 96% of the U.S. population was living under some form of COVID-19 lockdown order. She said that the study also found that a person with less than \$5,000 in savings was 50% more likely to have depression symptoms than someone with more than \$5,000.

Issues covered:
Mental Health
Coronavirus

Length: 5:07

Show # 2020-39
Date aired: 9/26/20 Time Aired: 6:30 AM

Karen L. Margolis, MD, MPH, Executive Director of Research at HealthPartners Institute in Minneapolis

Dr. Margolis led a study that found that people enrolled in a pharmacist-led telemonitoring program to control high blood pressure were about half as likely to have a heart attack or stroke compared to those who received routine primary care. She explained how the approach differs from typical treatment programs. She also found that, with fewer medical complications, telemonitoring and phone visits translated into a \$1,900 savings on average, per patient.

Issues covered:
High Blood Pressure
Personal Health

Length: 9:59

Honora Englander, MD, Associate Professor of Medicine in the Oregon Health & Science University School of Medicine

Opioid abuse and overdoses are rising rapidly, in the wake of COVID-19 lockdowns. Dr. Englander studied 486 patients who entered an in-hospital addiction medicine intervention at OHSU, and found that three-quarters came into the hospital using more than one substance. She said medical personnel must be ready to offer additional support to patients using multiple drugs. She said participants in general abused fewer substances in the months after working with the hospital-based addictions team than before.

Issues covered:
Drug Addiction

Length: 7:12

Dennis E. Reidy, PhD, Clinical Neuropsychologist, Behavioral Scientist in the Division of Violence Prevention at the Centers for Disease Control and Prevention in Atlanta

Stalking is a widely recognized public health concern, yet little information is available about stalking behaviors among teenage victims. Dr. Reidy led a study that determined that found that 14% of girls and 13% of boys have been victims of stalking. In addition, the survey found that the stalked teens were more likely to report symptoms linked to depression, as well as risky behavior such as binge drinking, drug abuse, dating violence and sexting.

Issues covered:

Stalking
Youth at Risk
Mental Health

Length: 5:07