

KQSR-FM

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

2nd Qtr 2020 Quarterly Issues and Program Report

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

Length: 15 Min.

TOPIC OF THIS SHOW: Humane Society of
Yuma - Online Auction
Guest: Annette Lagunas

Issue: #7 Community
Service Organizations

Annette Lagunas, Executive Director of the Humane Society of Yuma called into the studio to discuss the pivot the Humane Society had to make in regards to their latest fundraiser, Critter Country. Originally scheduled for March 28, the event had to be canceled due to the COVID 19 pandemic and therefore is forcing the Humane Society to make adjustments to the event. The funds raised from Critter County are dedicated to animal care and are still very much needed. The Humane Society will offer all the donated raffle prizes online for bidding because a gathering event cannot take place. The auction will be open until April 11th and everyone is encouraged to visit the Humane Society website and see what is available. For more information visit HSOYuma.com Also if anyone is interested in volunteering, that is also needed at this time as well due to the volunteer inmate labor being canceled because of the pandemic.

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

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County
Chamber of Commerce - GYERP
Guest: John Courtis

Issue: #7 Community
Service Organizations

John Courtis, Executive Director of the Yuma County Chamber of Commerce called into the studio to share the exciting news about the Greater Yuma Economic Resource Portal. The Portal is a website that is a collaboration between more than a dozen of the communities largest organizations focused of pooling resources and information together for those that have been impacted by the recent COVID 19 pandemic. The Greater Yuma Economic Resource Portal or GYERP is spearheaded by the Greater Yuma Economic Development Corporation and can be accessed at GYERP.org. This website will host the latest information about available resources as well as news from the state of Arizona regarding what is going on during these uncertain times. The Chamber is also offering small business training online starting on Monday mornings. For more information visit YumaChamber.Org.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 04/11/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #7 Community
Service Organizations

Howard Blitz from the Freedom Library stopped by the station to join Cody Beeson to promote the upcoming scholarship awards event hosted by the Freedom Library. Twice each year the Freedom Library host classes that discuss the Constitution and Economics, out of these classes, scholarships are awarded. These Classes are a staple that the Freedom Library is known for hosting and teaching. Each class offers two scholarships for education or travel, which makes for four scholarships total per semester. The only requirement for the scholarship is the student must have attended the class and write a two page paper about a topic from that class. The event coming up in April will award the scholarships to the lucky individuals. For more information visit freedomlibrary.org or visit the Freedom Library's social media pages.

Date aired: 04/11/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County
Chamber of Commerce - GYERP
Guest: John Courtis

Issue: #7 Community
Service Organizations

John Courtis, Executive Director of the Yuma County Chamber of Commerce called into the studio to share the exciting news about the Greater Yuma Economic Resource Portal. The Portal is a website that is a collaboration between more than a dozen of the communities largest organizations focused of pooling resources and information together for those that have been impacted by the recent COVID 19 pandemic. The Greater Yuma Economic Resource Portal or GYERP is spearheaded by the Greater Yuma Economic Development Corporation and can be accessed at GYERP.org. This website will host the latest information about available resources as well as news from the state of Arizona regarding what is going on during these uncertain times. The Chamber is also offering small business training online starting on Monday mornings. For more information visit YumaChamber.Org.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 04/18/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County Health
Department COVID 19 Update
Guest: Kevin Tunell

Issue: #5 Government

Kevin Tunell, Director of Communications for Yuma County was able to call into the studio to discuss the Yuma County Health Department's latest developments in the COVID 19 pandemic and how it is impacting the local Yuma community. The message is still simple and effective. The first thing to remember to do is wash your hands often and thoroughly. In addition to hand washing, the public should stay calm to not to over react, meaning leave essential services and supplies available for those that need them most. It was also stressed the importance of staying 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. For the latest updates on the situation, information can be obtained regularly from the Yuma County website or social media accounts.

Date aired: 04/18/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Catholic
Community Services
Guest: Evita Mendez-Counts

Issue: #7 Community
Service Organizations

Evita Mendez-Counts, Executive Director with Catholic Community Services called into the studio to discuss how Catholic Community Services is working through the current health crisis pandemic. The job of advocating for families, the elderly, adults with disabilities, and victims of crime still exists; just now it has to be handled with extra precaution and care. Individual and group counseling services are still being offered to address substance abuse, parenting issues, and other concerns. A lot of extra care and precaution has been incorporated into senior care. Catholic Community Services provide nutritious meals in a home-delivered and responsible way. Currently all meal services have been converted to take out or delivery only. For those who need additional support, there is an adult day care program that provides a safe, nurturing environment.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 04/25/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County Health
Department COVID 19 Update
Guest: Kevin Tunell

Issue: #5 Government

Kevin Tunell, Director of Communications for Yuma County was able to call into the studio to discuss the Yuma County Health Department's latest developments in the COVID 19 pandemic and how it is impacting the local Yuma community. The message is still simple and effective. The first thing to remember to do is wash your hands often and thoroughly. In addition to hand washing, the public should stay calm to not to over react, meaning leave essential services and supplies available for those that need them most. It was also stressed the importance of staying 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. For the latest updates on the situation, information can be obtained regularly from the Yuma County website or social media accounts.

Date aired: 04/25/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: First Responders
Free Oil Change
Guest: Russell McCloud

Issue: #7 Community
Service Organizations

Russell McCloud called into the studio to share the news of free oil changes for first responders, healthcare workers, police, EMTs, and all that are on the frontlines for COVID-19 pandemic. If you can show proof of employment you can receive a free oil change from Accurate Automotive Attention. This has been made possible by the generous donation of time, supplies and expenses from Accurate Automotive Attention, O'Reilly Auto Parts and Sellers Petroleum. All of the sponsors are locally owned businesses. O'Reilly Auto Parts is supplying the oil filter for free. All the oil has been donated by Sellers Petroleum. The shop time and technician has been donated by Accurate Automotive Attention. For more information call AAA or visit their website for more details. This is a limited time free offer and supplies are limited on a first come first served basis.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 05/02/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County Health
Department COVID 19 Update
Guest: Kevin Tunell

Issue: #5 Government

Kevin Tunell, Director of Communications for Yuma County was able to call into the studio to discuss the Yuma County Health Department's latest developments in the COVID 19 pandemic and how it is impacting the local Yuma community. The message is still simple and effective. The first thing to remember to do is wash your hands often and thoroughly. In addition to hand washing, the public should stay calm to not to over react, meaning leave essential services and supplies available for those that need them most. It was also stressed the importance of staying 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. For the latest updates on the situation, information can be obtained regularly from the Yuma County website or social media accounts.

Date aired: 05/02/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Catholic
Community Services
Guest: Evita Mendez-Counts

Issue: #7 Community
Service Organizations

Evita Mendez-Counts, Executive Director with Catholic Community Services called into the studio to discuss how Catholic Community Services is working through the current health crisis pandemic. The job of advocating for families, the elderly, adults with disabilities, and victims of crime still exists; just now it has to be handled with extra precaution and care. Individual and group counseling services are still being offered to address substance abuse, parenting issues, and other concerns. A lot of extra care and precaution has been incorporated into senior care. Catholic Community Services provide nutritious meals in a home-delivered and responsible way. Currently all meal services have been converted to take out or delivery only. For those who need additional support, there is an adult day care program that provides a safe, nurturing environment.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

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

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County Health
Department COVID 19 Update
Guest: Kevin Tunell

Issue: #5 Government

Kevin Tunell, Director of Communications for Yuma County was able to call into the studio to discuss the Yuma County Health Department's latest developments in the COVID 19 pandemic and how it is impacting the local Yuma community. The message is still simple and effective. The first thing to remember to do is wash your hands often and thoroughly. In addition to hand washing, the public should stay calm to not to over react, meaning leave essential services and supplies available for those that need them most. It was also stressed the importance of staying 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. For the latest updates on the situation, information can be obtained regularly from the Yuma County website or social media accounts.

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

Length: 15 Min.

TOPIC OF THIS SHOW: Catholic
Community Services
Guest: Evita Mendez-Counts

Issue: #7 Community
Service Organizations

Evita Mendez-Counts, Executive Director with Catholic Community Services called into the studio to discuss how Catholic Community Services is working through the current health crisis pandemic. The job of advocating for families, the elderly, adults with disabilities, and victims of crime still exists; just now it has to be handled with extra precaution and care. Individual and group counseling services are still being offered to address substance abuse, parenting issues, and other concerns. A lot of extra care and precaution has been incorporated into senior care. Catholic Community Services provide nutritious meals in a home-delivered and responsible way. Currently all meal services have been converted to take out or delivery only. For those who need additional support, there is an adult day care program that provides a safe, nurturing environment.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 05/16/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 2020 State of the
City Address Recap
Guest: Mayor Doug Nicholls

Issue: #5 Government

City of Yuma Mayor Douglas Nicholls was able to call into the studio to recap the current State of the City Address that was released this week. Mayor Nicholls was able to offer this address to the community virtually because mass gatherings are still not allowed in the city. This year the city has had to make changes that impact the way of life for every citizen of Yuma. Mayor Nicholls expressed his commitment to the safety and wellbeing for the community during this important time. The City of Yuma will be doing everything possible so the most positive outcome will be reached. The Mayor has asked everyone to work together to ensure the citizens that need extra care and attention receive it. The Mayor will continue to keep the public informed as much as possible. For more information visit the social media accounts for Mayor Douglas Nicholls.

Date aired: 05/16/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Crossroads
Mission
Guest: Myra Garlit

Issue: #7 Community
Service Organizations

Myra Garlit, Executive Director for Crossroads called into the studio to discuss how Crossroads Mission is working through the current health crisis pandemic. Crossroads Mission is the only community homeless shelter and now they have to provide those services with increased health concerns. Individual and group counseling services are still available, however to help stop any incoming germs those services are reserved for those living in the shelter. Currently all meal services have been converted to take out for anyone that is not quarantined in the shelter. Extra care and precaution has been incorporated into any care having to deal with seniors or families. Myra is also looking for contributions from the community that will pledge support to repairing a leak that occurred in the new family shelter.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 05/23/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 2020 State of the
City Address Recap
Guest: Mayor Doug Nicholls

Issue: #5 Government

City of Yuma Mayor Douglas Nicholls was able to call into the studio to recap the current State of the City Address that was released this week. Mayor Nicholls was able to offer this address to the community virtually because mass gatherings are still not allowed in the city. This year the city has had to make changes that impact the way of life for every citizen of Yuma. Mayor Nicholls expressed his commitment to the safety and wellbeing for the community during this important time. The City of Yuma will be doing everything possible so the most positive outcome will be reached. The Mayor has asked everyone to work together to ensure the citizens that need extra care and attention receive it. The Mayor will continue to keep the public informed as much as possible. For more information visit the social media accounts for Mayor Douglas Nicholls.

Date aired: 05/23/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Crossroads
Mission
Guest: Myra Garlit

Issue: #7 Community
Service Organizations

Myra Garlit, Executive Director for Crossroads called into the studio to discuss how Crossroads Mission is working through the current health crisis pandemic. Crossroads Mission is the only community homeless shelter and now they have to provide those services with increased health concerns. Individual and group counseling services are still available, however to help stop any incoming germs those services are reserved for those living in the shelter. Currently all meal services have been converted to take out for anyone that is not quarantined in the shelter. Extra care and precaution has been incorporated into any care having to deal with seniors or families. Myra is also looking for contributions from the community that will pledge support to repairing a leak that occurred in the new family shelter.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 05/30/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Constitutional Rights
Guest: Marc Victor

Issue: #5 Government

Marc Victor a constitutional attorney in Arizona called into the studio to discuss the U.S. and Arizona constitutions during this unique time. The point that was stressed the most is that our fundamental structure is still in place and the first place to make a change is at the ballot box. It is an election year and that is how change shall happen in our society. The discussion also included how our form of government works and how the common citizen can effect change in the process. It is important at this time to hear from an expert that will share his professional prospective on current events as well as any issues that may be cause for alarm. Marc wanted to remind everyone that our communities work best with mutual respect and order. He encourages everyone to practice his or her constitutional rights responsibility.

Date aired: 05/30/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library Virtual 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 change 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 evenings Howard will still lead a discussion, just now that will take place online. It's actually a positive thing according to Howard as the discussion that would have normally taken place in person is now available to anyone and everyone around the world. The discussion series are free to attend and participate. For more information about this program or any other programs offered please visit www.FreedomLibrary.org.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 06/06/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Constitutional Rights
Guest: Marc Victor

Issue: #5 Government

Marc Victor a constitutional attorney in Arizona called into the studio to discuss the U.S. and Arizona constitutions during this unique time. The point that was stressed the most is that our fundamental structure is still in place and the first place to make a change is at the ballot box. It is an election year and that is how change shall happen in our society. The discussion also included how our form of government works and how the common citizen can effect change in the process. It is important at this time to hear from an expert that will share his professional prospective on current events as well as any issues that may be cause for alarm. Marc wanted to remind everyone that our communities work best with mutual respect and order. He encourages everyone to practice his or her constitutional rights responsibility.

Date aired: 06/06/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library Virtual 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 change 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 evenings Howard will still lead a discussion, just now that will take place online. It's actually a positive thing according to Howard as the discussion that would have normally taken place in person is now available to anyone and everyone around the world. The discussion series are free to attend and participate. For more information about this program or any other programs offered please visit www.FreedomLibrary.org.

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 06/13/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW:
Guest:

Issue:

See attached Infotrack sheet

Date aired: 06/13/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW:
Guest:

Issue:

See attached Infotrack sheet

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 06/20/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW:
Guest:

Issue:

See attached Infotrack sheet

Date aired: 06/20/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW:
Guest:

Issue:

See attached Infotrack sheet

KQSR

2nd Qtr 2020 Quarterly Issues and Program Report

Date aired: 06/27/2020
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: 06/27/2020
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.



Call Letters: KQSE-FM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2020

Show # 2020-14

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

Gregory A. Poland, MD, Mary Lowell Leary Professor of Medicine at the Mayo Clinic in Rochester, MN, Director of the Mayo Clinic's Vaccine Research Group, Editor-in-Chief of the medical journal Vaccine

Dr. Poland discussed the status of the coronavirus pandemic and what must happen before lockdowns and physical distancing can be eased. He offered recommendations on what to disinfect in homes, whether surgical masks are useful for the general public, what to do about summer vacation plans, and other steps to take to avoid the virus.

Issues covered:

Length: 8:59

- Coronavirus**
- Personal Health**
- Government Regulations**

Dan Stockdale, Licensed Healthcare Executive in seven states, Certified Nursing Home Administrator, Certified Assisted Living Administrator

Nursing homes and retirement communities have been an intense focal point for the coronavirus pandemic. Mr. Stockdale outlined the steps that nursing homes across the country have taken to protect their residents and staff. He explained what families and others can do to help during this time of social isolation.

Issues covered:

Length: 8:13

- Coronavirus**
- Senior Citizens**

Chris Robinson, Board Member of the National Funeral Directors Association, Managing Owner of Robinson Funeral Home in Easley, SC

The coronavirus lockdowns have had a dramatic effect on the way today's funerals and memorial services can be conducted. Mr. Robinson said live streaming of funeral services, small graveside services, and online guest books have become the temporary replacements for traditional rituals. He also discussed the shortage of personal protection equipment for workers in the funeral industry.

Issues covered:

Length: 5:09

- End of Life**
- Coronavirus**

Show # 2020-15

Date aired: 4/11/20 Time Aired: 6:30AM

Ken Johnson, PhD, Senior Demographer at the Carsey School of Public Policy and Professor of Sociology at the University of New Hampshire

As the coronavirus pandemic spreads across the country, those living in rural areas, are increasingly threatened. Prof. Johnson said that people in rural areas are often more reliant on their neighbors that those who live in urban areas, via through such things as volunteer fire departments and shared educational resources. He said hospitals and doctors are almost always further away in rural areas. He also discussed the potential impact to agriculture and other areas of the rural economy.

Issues covered:

Length: 8:59

Coronavirus
Rural Concerns
Agriculture

Ellie Hollander, President and Chief Executive Officer of Meals on Wheels America

Ms. Hollander talked about the effect the coronavirus pandemic on Meals on Wheels and the elderly citizens they serve. She said for many elderly clients, Meals on Wheels volunteers are the only people a senior may see in a given day, so families often depend on them to monitor their loved one's day to day welfare. She explained how someone can volunteer or make a cash donation to help.

Issues covered:

Length: 8:13

Coronavirus
Senior Citizens
Volunteerism

Teri Secrest, certified health & wellness coach, natural health educator, CEO of Joy of Living

As many Americans are stuck at home, Ms. Secrest said it is important to make wise health choices. She offered suggestions to avoid eating or drinking out of boredom, and to incorporate exercise into a daily routine. She also offered ideas to deal with stress and anxiety.

Issues covered:

Length: 5:09

Coronavirus
Personal Health
Mental Health

Show # 2020-16

Date aired: 4/18/20 Time Aired: 6:30AM

David Spiegel, MD, Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences at Stanford University, Director of the Stanford Center on Stress and Health.

A recent poll found that half of Americans are now suffering mental health issues as a result of the economic shutdown and coronavirus pandemic. Dr. Spiegel outlined the multiple challenges faced by every American during the crisis. He said he expects the mental health effects to be a long-term issue, including increased rates of suicide. He offered tips for coping.

Issues covered:

Length: 10:14

Mental Health
Suicide
Coronavirus

Maureen Mahoney, Policy Analyst, Consumer Reports

From fake cures for coronavirus to phishing emails and phony websites, scammers are taking advantage of consumers' fear as the virus spreads. Ms. Mahoney talked about the way authorities have handled a recent wave of robocalls. She explained how consumers can recognize the signs of a spoofed phone number, or a text or social media message sent by a scammer.

Issues covered:

Length: 7:00

Crime
Consumer Matters
Coronavirus

Jean Shafiroff, philanthropist, author of "*Successful Philanthropy: How to Make a Life by What You Give*"

As Americans experience historic levels of unemployment, Ms. Shafiroff said food pantries, charities, and nonprofits are seeing huge drops in donations amidst financial uncertainties, while demand for their services skyrockets. She stressed the urgent need for donations and volunteering from those who are able to do so.

Issues covered:

Length: 4:58

Poverty
Hunger
Volunteerism
Unemployment
Coronavirus

Show # 2020-17

Date aired: 4/25/20 Time Aired: 6:30AM

Amy David, PhD, Clinical Assistant Professor of Supply Chain and Operations Management at Purdue University

As store shelves emptied and consumers became frustrated at being unable to get basic supplies during the coronavirus pandemic, many blamed hoarders. Dr. David explained the real reasons behind the shortages, and how the supply chain for food and most other products is much more complex and brittle than most people realize. She talked about ways to build flexibility and redundancies into a supply chain.

Issues covered:

Length: 10:03

Consumer Matters
Coronavirus

Brian Walsh, Certified Financial Planner at SoFi, a personal finance company

Mr. Walsh outlined prudent financial steps Americans should take to protect themselves during the COVID-19 economic tailspin. He discussed scenarios for those who are unemployed, those who are worried about their jobs and those who have received stimulus checks.

Issues covered:

Length: 7:17

Personal Finance
Government Stimulus
Consumer Matters
Coronavirus

Richard Winchester, JD, Visiting Professor at Seton Hall University School of Law, national authority on small business and federal employment tax policy

Many Americans have received their stimulus payments from the federal government, but millions of others are still waiting. Prof. Winchester offered advice and web site locations for people to check on the payments and to provide information to the government to expedite the process. He also outlined the numerous aspects of economic aid built into the stimulus bill passed by Congress.

Issues covered:

**Government Stimulus
Consumer Matters
Unemployment
Coronavirus**

Length: 4:56

Show # 2020-18

Date aired: 5/2/20 **Time Aired:** 6:30AM

Rick Seaney, CEO of FareCompare.com

A recent poll found that nearly half of all Americans are ready to travel the moment the pandemic fears are over. Mr. Seaney discussed the current state of air travel. He said, although the current travel outlook is bleak with few flights in the air, there are numerous bargains for consumers who are willing to buy tickets for use later in the year.

Issues covered:

**Consumer Matters
Transportation
Coronavirus**

Length: 8:51

Amanda Kubista-Owen, social worker with Mayo Clinic Health System

Among the unintended consequences of government-ordered lockdowns, Ms. Kubista-Owen said cases of domestic violence and child abuse are becoming more frequent, more severe and more dangerous. She offered advice to those dealing with abusive relationships and said that resources are still available to help victims, despite the pandemic.

Issues covered:

**Domestic Violence
Child Abuse
Coronavirus**

Length: 8:15

Tim Lash, Chief Strategy Officer for West Health, a nonprofit organization dedicated to lowering the healthcare costs of senior citizens

Mr. Lash's organization commissioned a Gallup poll that found that about 1 in 7 Americans say they would avoid seeking medical care if they experienced key symptoms associated with COVID-19, out of fear of the potential cost. He talked about the possible reasons behind this finding. He also discussed the concerns surrounding the greater impact of coronavirus in minority communities.

Issues covered:

**Personal Health
Health Insurance
Minority Concerns
Coronavirus**

Length: 5:00

Show # 2020-19

Date aired: 5/9/20 Time Aired: 6:30AM

Benjamin Domb, MD, orthopedic surgeon, Founder and Medical Director of the American Hip Institute & Orthopedic Specialists in suburban Chicago

Dr. Domb said a secondary health care crisis is now brewing. He believes it threatens to be much larger than the crisis caused by COVID-19 itself, after the complete stoppage of all non-urgent procedures such as most surgeries, annual mammograms, routine blood tests and cancer screenings.

Issues covered:

Length: 8:48

Public Health
Government
Coronavirus

Eric Groves, Co-Founder and CEO of Alignable, a social network for local businesses

Mr. Groves shared the results of his organization's recent polling, which found that 34% of small businesses nationwide won't be able to pay their May rent in full, as a result of the government-mandated lockdowns. He said retailers, travel, restaurants and personal services businesses are suffering the most, as more than 44% of all small businesses have been shuttered. He also discussed government aid that is available to help small businesses.

Issues covered:

Length: 8:25

Small Business/Economy
Government
Unemployment
Coronavirus

Gregory A. Poland, MD, Mary Lowell Leary Professor of Medicine at the Mayo Clinic in Rochester, MN, Director of the Mayo Clinic's Vaccine Research Group, Editor-in-Chief of the medical journal Vaccine

Dr. Poland explained the pluses and minuses of herd immunity, what the similarities and differences are between COVID-19 and the flu, and how he thinks workplaces and schools may change in the future as a result of the pandemic, with less business travel and more e-learning. He said he hopes that we become much more of a mask-wearing society.

Issues covered:

Length: 5:13

Coronavirus
Personal Health

Show # 2020-20

Date aired: 5/16/20 Time Aired: 6:30AM

Lisa M. Brosseau, PhD, expert on respiratory protection and infectious diseases, Certified Industrial Hygienist, former Director of the Illinois Education and Research Center and the Director of the Center for Healthy Work, both at the University of Illinois Chicago School of Public Health

Prof. Brosseau spent decades studying the efficacy and fit of surgical masks and respirators, and the airborne transmission of infectious disease. She said there is no scientific basis for the general public to use cloth masks to prevent COVID-19. She explained why there is a great difference between the use of masks in medical settings vs going to the grocery store. She is concerned that authorities who are ordering the use of bandanas and the like are not taking the issue seriously, and that masks may cause the public to disregard physical distancing.

Issues covered:

**Public Health
Government
Coronavirus**

Length: 11:53

Prathit A. Kulkarni, MD, Infectious Diseases Section, Department of Medicine, Baylor College of Medicine

Dr. Kulkarni explained the basics of contact tracing and why experts believe it will be an effective weapon in the fight against COVID-19. He said the exact number of contact tracers hired by the government will depend on the population and severity of the outbreak in each geographic area.

Issues covered:

**Public Health
Government
Coronavirus**

Length: 5:57

Donald D. Hensrud, MD, MS, Associate Professor of Nutrition and Preventive Medicine at Mayo Clinic and Director of the Mayo Clinic Healthy Living Program

It's being called the "Quarantine 15"-- gaining weight while staying at home during the COVID-19 pandemic. Dr. Hensrud talked about the common causes of weight gain during the coronavirus lockdowns and what people can do to avoid it and to get some exercise.

Issues covered:

**Weight Gain
Personal Fitness
Coronavirus**

Length: 5:06

Show # 2020-21

Date aired: 5/23/20 **Time Aired:** 6:30AM

James J. Duane, Professor at Regent Law School in Virginia Beach, VA, author of "*You Have the Right to Remain Innocent*"

Prof. Duane explained the importance of the Fifth Amendment. He believes it is a constitutional right not clearly or widely understood by the average American. He explained why he advises everyone to never answer questions from law enforcement officers without legal representation. He believes when someone is wrongfully convicted of a crime they didn't commit, often it is because of information they voluntarily gave to investigators.

Issues covered:

**Constitutional Rights
Legal Matters
Crime**

Length: 9:03

Frank Lalli, investigative journalist, author of "*Your Best Health Care Now: Get Doctor Discounts, Save With Better Health Insurance, Find Affordable Prescriptions*"

Mr. Lalli shared his personal story: after he was diagnosed with multiple myeloma, a treatable form of blood cancer, he put his reporter's instincts to work and got the wonder drug he needed at an affordable price—thousands of dollars less than he was told he would have to spend. He explained how to negotiate doctors' fees and how to search for assistance in paying for medications.

Issues covered:
Personal Health
Consumer Matters

Length: 8:11

Alan Cook, Licensed Contractor, author of "*A Trip to the Number Yard*".

America's math proficiency is rated 24th out of 29 math-tested countries. Mr. Cook talked about the problem of mathematic illiteracy for both do-it-yourselfers and trade professionals, and the mishaps that sometimes occur as a result. He explained which math skills are crucial to these blue-collar endeavors. He believes the main problem is that that our nation's schools have failed to teach math in an engaging manner.

Issues covered:
Education
Workplace Matters

Length: 4:41

Show # 2020-22

Date aired: 5/30/20 Time Aired: 6:30AM

Paul A. Offit, MD, Director of the Vaccine Education Center and Professor of Pediatrics in the Division of Infectious Diseases at Children's Hospital of Philadelphia, co-inventor of the rotavirus vaccine

Dr. Offit discussed the race for a COVID-19 vaccine. He talked about the various strategies that vaccine researchers are pursuing and what the biggest challenges are. He said the typical vaccine takes 20 years to develop. He believes the chances are low that a vaccine will be available by the end of 2020, even with unprecedented resources poured into the research. He expects that there will eventually be multiple vaccines using different approaches because of the great number of companies and government agencies engaged in research.

Issues covered:
Vaccines
Government
Coronavirus

Length: 9:15

Bob Bixby, Executive Director of the Concord Coalition, a nationwide, non-partisan, grassroots organization advocating generationally responsible fiscal policy

Mr. Bixby discussed the rapidly expanding national debt. He said although he is a deficit hawk, he believes that the US government has little choice than to pour trillions of dollars into the economy in response to the current economic tailspin. He believes the increased spending should be temporary and carefully targeted, and that taxes will almost certainly have to rise in future years. He talked about the path to recovery, once the COVID-19 crisis has passed.

Issues covered:
Economy
Government
Coronavirus

Length: 8:03

Bobbi S. Pritt, MD, Director of the Clinical Parasitology Laboratory in the Department of Laboratory Medicine and Pathology at Mayo Clinic

Dr. Pritt explained the differences between two primary tests related to COVID-19. She explained who should get either of the tests, how long it takes to receive the results, and what happens next if someone receives a positive test.

Issues covered:
Public Health
Coronavirus

Length: 5:09

Show # 2020-23

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

Colleen Tressler, Senior Project Manager, Division of Consumer and Business Education, Federal Trade Commission

Health experts say that contact tracing helps to stop the spread of COVID-19. However, Ms. Tressler noted that scammers, pretending to be government contact tracers, are sending text messages that contain links to malware, to hijack an unsuspecting consumer's computer or phone. She explained how to recognize a scam and how to report one to the FTC.

Issues covered:
Consumer Matters
Crime
Coronavirus

Length: 8:42

George Zaidan, science communicator, television and web host, author "*Ingredients: The Strange Chemistry of What We Put in Us and on Us*"

Mr. Zaidan discussed the often-unsettled science surrounding food and health, and why the health aspects of processed food are so controversial. He explained how consumers can try to judge the credibility of media reports about nutrition and food. He also discussed the safety of chemicals that we use on our bodies, such as sunscreen.

Issues covered:
Nutrition
Media
Consumer Matters

Length: 8:16

Adrienne Lawrence, former ESPN anchor and legal analyst, author of "*Staying in the Game: The Playbook for Beating Workplace Sexual Harassment*"

Ms. Lawrence explained how most companies mishandle sexual harassment cases and why. She also discussed the mental health consequences faced by those who report sexual harassment and how to deal with it. She talked about the impact of the MeToo# movement and what she sees as the future of dealing with sexual harassment as a society.

Issues covered:
Sexual Harassment
Women's Concerns
Workplace Matters

Length: 5:03

Show # 2020-24

Date aired: 6/13/20 Time Aired: 6:30AM

Mark Votruba, PhD, Associate Professor of Economics in the Weatherhead School of Management at Case Western Reserve University

Prof. Votruba was the co-author of a study that examined how layoffs and unemployment may affect crime rates. He found that workers who were let go through no fault of their own experienced a 60% jump in property crimes charges and an overall 20% increase in criminal-charge rates in the year after losing their job. He talked about the possible reasons behind this finding, and how it can be remedied.

Issues covered:
Unemployment
Crime

Length: 8:42

Allan J. Hamilton, MD, Harvard-trained brain surgeon, Regents' Professor of Neurosurgery at the University of Arizona Health Sciences Center, author of "Younger Next Year": and "Younger Next Year for Women"

Dr. Hamilton discussed a wave of encouraging new research suggesting ways to prevent Alzheimer's disease and cognitive decline. He discussed the importance of exercise in generating the growth of new brain cells, and said that it can even result in significant increases in IQ. He explained how women's brains age differently than men, and why preventative steps are even more important for women.

Issues covered:
Alzheimer's disease
Physical Fitness
Aging

Length: 8:16

Shannon M. Robson, PhD, MPH, RD, Assistant Professor in the Department of Behavioral Health and Nutrition, Principal Investigator of the Energy Balance and Nutrition Laboratory at the University of Delaware

89% of Americans believe it's important for families to have as many family meals as possible each week. Dr. Robson led a study that showed that more frequent family meals were associated with better dietary outcomes and improved family relationships. She offered suggestions for families to overcome obstacles to gathering for dinner.

Issues covered:
Nutrition
Parenting

Length: 5:03

Show # 2020-25

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

Philip Moeller, author of "Get What's Yours for Medicare: Maximize Your Coverage, Minimize Your Costs"

Health costs are the biggest unpredictable expense for older Americans, who are turning 65 at the rate of 10,000 a day. While Medicare guarantees them affordable health insurance, few Americans know what Medicare covers and what it doesn't, what it costs, and when to sign up. Mr. Moeller explained why Medicare has become so confusing, and how people approaching retirement can understand these complex and important choices.

Issues covered:

Length: 9:13

**Medicare
Senior Citizens
Healthcare**

Caitlin Shetterly, author of "*Modified: GMOs and the Threat to Our Food, Our Land, Our Future*"

GMO products are among the most consumed and the least understood substances in the United States today. Ms. Shetterly shared her personal story of how GMOs affect her family's health. She explained why consumers should learn more about GMOs and why organic foods can be a sensible choice.

Issues covered:

Length: 8:01

**Food Safety
Personal Health
Consumer Matters**

Costantino Iadecola, M.D., Anne Parrish Titzell Professor of Neurology and Director of the Brain and Mind Research Institute at Weill Cornell Medical College in New York

Dr. Iadecola authored a report for the American Heart Association which found that high blood pressure, especially in middle age, is associated with an increased risk of cognitive impairment later in life. He outlined steps to deal with high blood pressure.

Issues covered:

Length: 4:58

**Alzheimer's Disease
Personal Health**

Show # 2020-26

Date aired: 6/27/20 **Time Aired:** 6:30 AM

Suze Orman, personal finance expert, author of "*The Ultimate Retirement Guide for 50+: Winning Strategies to Make Your Money Last a Lifetime*," host of the "Women & Money" podcast

Ms. Orman discussed strategies to save for retirement, especially in the aftermath of the economic upheavals caused by the coronavirus lockdowns. She explained why she believes that Americans should plan to work until age 70. She also explained why those saving for retirement should be using Roth IRAs and 401ks to save for retirement, rather than traditional IRAs.

Issues covered:

Length: 10:30

**Retirement Planning
Personal Finance
Consumer Matters**

David Geary, PhD, Curators Distinguished Professor of Psychological Sciences in the College of Arts and Science at The University Of Missouri

Significantly fewer men than women are attending college or pursuing other forms of post-high school education. Prof. Geary led a study that found the primary cause is boys' poor reading skills in adolescence. He said the reading gap between boys and girls is detectable from the very beginning of schooling, even in preschool.

Issues covered:

Education

Literacy

Length: 6:37

John R. Dean, PhD, Professor of Analytical and Environmental Sciences at Northumbria University in the United Kingdom

Prof. Dean led a recent study that found that thousands of tons of microfibers are being released into marine environments every year. He explained why this is a serious concern. He found that the problem could be reduced by as much as 30% if consumers made small changes to their laundry habits.

Issues covered:

Environment

Consumer Matters

Length: 5:01