

<b>KQSR-FM 3RD</b>
<b>Quarter 2017</b>
<b>QUARTERLY ISSUES AND PROGRAM REPORT</b>
<b>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:</b>

1. **Recreation** (community events, etc.)
2. **Family** (Parenting, Children at Risk)
3. **Education**
4. **Agriculture** (both retail and industry point of view)
5. **Government** (meetings, voter education, roads, laws, annexation, etc.)
6. **Health** (includes prevention, abuse, diseases, free clinics, YRMC events etc.)
7. **Community Service Organizations** (Local Non-Profits, government programs, etc.)
8. **Consumer Protection** (identity theft, recalls, scams)
9. **Crime** (prevention, meetings, etc.)
10. **Diversity** (racism, minorities, immigration, etc.)
11. **Senior Citizens**
12. **Military**

## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 07/01

Time Aired: 6AM

Length: 15 min

TOPIC OF THIS SHOW: YCFB

GUEST: SHARA MERTEN

ISSUE: 7

Shara Merten came in to the studios to chat about the good that the Yuma community food bank is doing. YCFB supports the hungry in Yuma and teams up with local businesses, to have food drives throughout the year. Shara is handling duties for Mike Ivers who passed away late last year after a brief illness. YCFB handles an amazing amount of food that is donated by community members. There is a huge need to feed Yuma's Hungry and the YCFB makes sure they have enough volunteers to distribute what comes into the food bank by way of donations. YCFB has a huge facility that will house food even freezer food and hunters will also come by and donate what they have left from their hunting season. YCFB will also be involved in this year's Annual Help Hunger Drive at Spragues Sports.

TOPIC OF THIS SHOW: BULLY REHAB AWARENESS  
INC / 4<sup>th</sup> AVENUE GYM

Guest: KENDRICH -CO FOUNDER

Aired 6:15 AM

ISSUE: 1, 2

KENDRICH is on the board of directors program at the 4<sup>th</sup> Avenue gym. Bully Rehab Awareness Gym takes on kids that have been bullied severely and they have a no bully zone. Some of the kids have been locked under their parents arm. BRAG also will bring in the bullies that have usually been targeted too. This is why they think that kids do bully. Carlos Flores is the founder and he has been doing this 8 years. The Gym is, actually, a gym and they focus on Judo Martial Arts and they provide a safe positive environment and let the parents know that they are not specifically targeting the bullies because they want to grasp why these kids are being a bully and more times than none they find that they have also been picked on and it seems to be a domino effect. All are welcome.

## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 07/08

Time Aired: 6AM

Length: 15 min

TOPIC OF THIS SHOW: Yuma County Schools  
Guest: Toni Bedone - Superintendent of  
Yuma Union High Schools

ISSUE: 3

Toni Bedone was invited in to talk about the upcoming school year 2017/2018 and Toni has some great news for incoming High School Students. I started with the question regarding how incoming High School Students will get ready for high school. Toni talked about a new app 321 GO that is available for the incoming students that will take them through the high school years. Freshman will have a certain app check list that they can follow and know what it is that they Need to get ready for the years in High School. Students that may or may not have a great GPA the students are still encouraged to score high on the ACT test make sure to score high on that if you can that will more than likely get you into the college that they are looking at. The app is ready for students now.

TOPIC OF THIS SHOW: YRMC DRIVE FOR SCHOOL  
SUPPLIES

Guest: WAYNE STEFFY

Aired 6:15AM

ISSUE: 4 Education

Wayne Steffey along with Tom Tyree Superintendent of Schools in Yuma County came in to discuss the annual Drive for school supplies Comin up on July 14<sup>th</sup> at the Yuma Palms Roundabout. Wayne Steffey is a board member at the Corporate Center for Yuma Regional Medical Center and has been putting on the Drive for School supplies for 18 years. When I asked him how the drive started he replied by saying it was in the communities best interest to have a supply drive for the community schools. Since the 1<sup>st</sup> ever drive they have provided over 6k backpacks annually that are filled with items kids need to be successful during the school year. Items that are needed are things to fill a back pack with and there are age groups. Notebooks, paper, pencils, erasers, etc...

## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 07/15 07/15

Time Aired: 6AM

Length: 15 min

TOPIC OF THIS SHOW: Yuma County Schools  
Guest: Toni Bedone - Superintendent of  
Yuma Union High Schools

ISSUE: 3

Toni Bedone was invited in to talk about the upcoming school year 2017/2018 and Toni has some great news for incoming High School Students. I started with the question regarding how incoming High School Students will get ready for high school. Toni talked about a new app 321 GO that is available for the incoming students that will take them through the high school years. Freshman will have a certain app check list that they can follow and know what it is that they Need to get ready for the years in High School. Students that may or may not have a great GPA the students are still encouraged to score high on the ACT test make sure to score high on that if you can that will more than likely get you into the college that they are looking at. The app is ready for students now.

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## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 07/29 2017

Time Aired: 6AM

Length: 15 min

TOPIC OF THIS SHOW: CASA  
Guest: JENNIFER STERENBERGER

ISSUE: 2,6,7

Jennifer from Court Appointed Special Advocates came in to the studio to talk about the need for a voice for the children of Yuma County. CASA is in need of volunteers there are so many children in the system and they need the adult to go to the court and be a voice for these children. There are too many kids displaced that need the help inside the courtroom. There is training available and the CASA members are willing to train the right individual to volunteer at least 15 to 20 hours a week. This volunteer position can be very rewarding, as you are helping a child that needs to be heard and needs to have that person to count on. If you're interested in becoming a volunteer, you can call CASA (928) 314-1831 or visit [CASAofyuma.org](http://CASAofyuma.org).

TOPIC OF THIS SHOW: Visit Yuma  
Guest: DUSTIN MYLUIS

Aired 6:15 AM

ISSUE: 1,7

Yuma Visitors Bureau (visit Yuma) Marketing manager, Dustin Myluis came in to talk about the upcoming Dove Hunting season. He wanted to let the Yuma community know how much is going to be going on as this is the KICK OFF to our fall season. Dove Hunters are flocking to Yuma and the kick-off is the 2<sup>nd</sup> annual World Championship Dove cook-off. Cocopah Casino Events Lawn will be September 2<sup>nd</sup> 11am Chefs amateur and home cooks alike will be prepping their Doves. 5pm will be the tasting and the judges will be crowning the World Champion Dove cook off. Bring your own equipment and get to prepare your Dove. Bring your own Dove and have the wing affixed So judges can make sure you have the right bird. Enter by registering online at [visityuma.com](http://visityuma.com).

## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 08/5-2017  
Time Aired: 6AM

Length: 15 min

TOPIC OF THIS SHOW: RTYV  
Guest: JUDY SMITY

ISSUE: 1, 7, 12

Right Turn for Yuma Veteran's is hosting a bowling tournament To raise money for the homeless Veteran's here in Yuma. At this point they are ONLY hosting for our men that have served and they want to make sure the Veterans are off the street. RTYV has counseling available for these homeless Veteran's too. The program revolves around the guys being able to have a home and communication with the civilian world. RTYV wanted to have another facility however the funds are not available to get another house set up. The fundraising bowling tournament will help raise money To keep this one house up and running. RTYV will also help with medical treatment and the 15% of what is costs them to live. RTYV will assist with all the needs of Veteran's.

DATE: 7/22 7/23  
TOPIC OF THIS SHOW: UNITED WAY  
Guest: KARI TATER -

Aired 6:15AM

ISSUE: 3, 7

Kari Tater Community Impact Director was our guest to get the word out to the Yuma Community that there is now a Little Library. These little Libraries are located throughout the Yuma community For all people to take a book and return a book. It's a Great way for someone that is cleaning out their home to donate Books to share with the other community members. It is an honor system. You take a book and replace it with a book. There are Little Libraries placed throughout the town and into the Foothills. Jumping into the other part of the interview we discussed the Vision testing and in Arizona it is NOT mandatory for children To have vision testing. Arizona does not mandate the vision Exams. United Way is trying to facilitate the law.

## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 8/12 8:30  
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: YUMA  
Guest: Russell McCloud

ISSUE: 8

We invited Russell McCloud of Yuma in to talk about things that are happening within the community. Russell is also a business owner within Yuma and the Vice President of the Yuma County Board of Supervisors. Russ and I discussed the importance of taking care of a vehicle in the HOT desert heat and what it means to look for things that may be going wrong and take care of them before they happen which can be catastrophic. We talked about how important it is to be ahead of the game before you're in the middle of nowhere and break down. Russ is also the VP of the Yuma County board of supervisors and has been talking about how the community can pull together and chip in where needed. A great businessman to have on your side and one that can help when your car breaks down.

TOPIC OF THIS SHOW: YUMA JAYCEES  
Guest: PEGGY COLLINS

ISSUE: 1, 2, 7

Aired 6:15 AM

Peggy Collins came in to promote the Yuma Jaycees 1<sup>st</sup> inaugural MUD Vollyball tournament open to ALL participants coming up August 26<sup>th</sup> at the Yuma Jaycees clubhouse on county 14<sup>th</sup>. This MUD Vollyball tournament is going to be an annual thing and all walks of life especially Yuma Police Dept. against Yuma County Sheriffs division, Border Patrol officers and families alike are invited to get a team together to make this an all-day event. Peggy is a lifetime member of the Yuma Jaycees and is excited to be a part of this first ever tournament and would like this to be an ALL DAY event. The registration begins at 8:30 am and with the teams competing could go as long as 11pm and that is what they are hoping to do. Money raised go directly to Yuma Jaycees.

# KQSR-FM

## 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 08/19 *show*  
Time Aired: *6AM*

Length: 15 min

TOPIC OF THIS SHOW: YUMA JAYCEES  
Guest: Peggy Collins

ISSUE: 8

Peggy Collins came in to promote the Yuma Jaycees 1st inaugural MUD Volley ball tournament open to ALL participants coming up August 26th at the Yuma Jaycees clubhouse on county 14th. This MUD Volley ball tournament is going to be an annual thing and all walks of life especially Yuma Police Dept. against Yuma County Sheriffs division, Border Patrol officers and families alike are invited to get a team together to make this an all-day event. Peggy is a lifetime member of the Yuma Jaycees and is excited to be a part of this first ever tournament and would like this to be an ALL DAY event. The registration begins at 8:30 am and with the teams competing could go as long as 11pm and that is what they are hoping to do. Money raised go directly to Yuma Jaycees.

TOPIC OF THIS SHOW: ALP  
Guest: BILL REGANHARDT

ISSUE: 1, 2, 7

*Aired 6:15AM*

The Adult Literacy Plus, Program here in Yuma has been making great strides in helping those that need to achieve their schooling Goals do so. Bill Reganhardt, is the Executive director and he wanted to talk about great programs coming up that will help the students get to the level they need to be at. The ALP program will also help those older than teen level try to get the High School Diploma that for whatever reason was never achieved. Bill has high hopes for the Adult Literacy Plus program and would like anyone who is interested in pursuing the dream of a higher education to contact the ALP program and sign up for classes. Contact information is as follows phone (928) 343-9363. Or fax at (928) 539-1918.



## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 08/26  
Time Aired: 6AM

Length: 15 min

TOPIC OF THIS SHOW: ALP  
Guest: BILL REGANHARDT

ISSUE: 3,7

The Adult Literacy Plus, Program here in Yuma has been making great strides in helping those that need to achieve their schooling Goals do so. Bill Reganhardt, is the Executive director and he wanted to talk about great programs coming up that will help the students get to the level they need to be at. The ALP program will also help those older than teen level try to get the High School Diploma that for whatever reason was never achieved. Bill has high hopes for the Adult Literacy Plus program and would like anyone who is interested in pursuing the dream of a higher education to contact the ALP program and sign up for classes. Contact information is as follows phone (928) 343-9363. Or fax at (928) 539-1918.

TOPIC OF THIS SHOW: YUMA  
Guest: DUSTIN MYLUIS

ISSUE: 1,7

Aired 6:15AM

Yuma Visitors Bureau (visit Yuma) Marketing manager, Dustin Myluis came in to talk about the upcoming Dove Hunting season. He wanted to let the Yuma community know how much is going to be going on as this is the KICK OFF to our fall season. Dove Hunters are flocking to Yuma and the kick-off is the 2nd annual World Championship Dove cook-off. Cocopah Casino Events Lawn will be September 2nd 11am Chefs amateur and home cooks alike will be prepping their Doves. 5pm will be the tasting and the judges will be crowning the World Champion Dove cook off. Bring your own equipment and get to prepare your Dove. Bring your own Dove and have the wing affixed So judges can make sure you have the right bird. Enter by registering online at [visityuma.com](http://visityuma.com).

## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 09/02 2017  
Time Aired: 6AM

Length: 15 min

TOPIC OF THIS SHOW: YPIC  
Guest: PATRICK GEOTZ

ISSUE: 7

Patrick Goetz Business Services Officer Rapid response Coordinator came in to talk about the YPIC Job Fair that is coming up September 6<sup>th</sup> taking place at the Goodwill Career Center on 8<sup>th</sup> avenue in Yuma. This is the perfect opportunity for and individual that is searching for work to be in front of local employers who are looking to hire the best of the best. Patrick could not stress the importance of having a resume together and to bring lots of them to pass out to potential employers. If you do not have a resume or you have been out of the workforce for several years for whatever reason, you are encouraged to call YIPC to schedule a time for help with one. Also come dressed for success. People who are looking to join or rejoin the workforce need to look the part.

TOPIC OF THIS SHOW: HEA  
Guest: JUDY GRESSER

ISSUE: 1, 6

Aired 6:15 AM

Judy Gresser a fixture in the Yuma community came in to discuss the benefits of eating a plant based diet. Judy touched base on so many wonderful things about eating a healthy diet and how so many things can go wrong with your body if you don't eat the right foods. Plant based diets consist of everything that is nutritious and delicious. If you are eating the wrong things in your everyday life then you may be putting yourself at risk of diabetes, heart disease and organ failures of all types. Judy wanted to let Yuma know that there is another Healthy Eating Adventure coming up starting in October and there is room for ONLY 20 people. This is a class that will meet 5 Monday's and share healthy foods and cooking and sharing. To get in e mail [judy@gresser.com](mailto:judy@gresser.com)

## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 09/09/2017

Time Aired:

6AM

Length: 15 min

TOPIC OF THIS SHOW: VIST YUMA

Guest: DUSTIN MYLUIS

ISSUE: 1,7

Yuma visitors Bureau is now visit Yuma. It short and to the point and Yuma wants the country to know that we are here and wanting the country to experience us as an awesome town. Thus here is Rio De Cerveza a brew tasting event that is slated for October 21<sup>st</sup> at Desert Sun Stadium. VIP tickets will include food and a table under the Tent. Gates for VIP open at 4:30 and open to the public at 5. Entertainment by Risque a local band and brew tasting begins at 5. Bring a designated driver to the event and if you want to purchase tickets go online to visit yuma and purchase either regular admission or VIP to include your food. Everyone who enters will have a passport book to try ALL the brews and there will be an Award at 9pm for the winner!!!!!! Annual events are the best!

TOPIC OF THIS SHOW: HELPING HANDS OF YUMA

Guest: CAROL BROWN

Aired 6:15AM

ISSUE: 6,7,11

Carol Brown the director of Yuma Helping Hands is scouting for volunteers to help with transporting senior citizens to critical appointments and even doing minor handyman work. There are Seniors here in Yuma that don't have any immediate family to help with everyday tasks such as light housekeeping, laundry, cooking, even Light grocery shopping. Senio9r citizens here in Yuma are for the most part on a fixed income and cannot afford to have a private Company that does do these services come in to help since they have that fixed budget. Carol brown would like to have the volunteer's maybe take one or event two days out of their week to be able to help. It can be very rewarding helping a senior, they have so many stories to tell. For more info call (928) 305-9974.

## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 09/16  
Time Aired: *6AM*

Length: 15 min

TOPIC OF THIS SHOW: FUDDLE FUN RUN  
Guest: DR. LAURA HARTMAN

ISSUE: 1,7

Dr. Laura Hartman was my guest this weekend. Dr. Laura came in to talk about the Fuddles Fun Run that is the 4th Annual here in Yuma. This is an opportunity for families and their children to come out and be a part of a fundraising event for the less fortunate kids that have either been hospitalized for long periods of time or that are admitted for whatever reason. A Kuddle Kit is a pillow case that is hand sewn and loaded up with things that kids need, like coloring books, crayons, stickers, games like Go Fish or Old Maid. After the run on September 30th is over the participants will be able to help fill these pillow cases and it really gives a sense of being a huge help to the kids that donate their time. The Kuddle Kits last year were a huge hit with over 300 donated.

TOPIC OF THIS SHOW: YCCC BUSINESS  
SHOWCASE

Guest: JOHN COURTIS

*Aired 6:15AM*

ISSUE: 1, 2, 7, 12

John Courtis Executive Director of The Yuma Chamber of Commerce is hosting a business showcase on September 30<sup>th</sup> at the Yuma Civic Center. This is for the entire Yuma community to come out and see the local feel that keeps Yuma, Yuma. First responders will be on hand there will be all kinds of vendors and business executives from Yuma that want to showcase their business to you. There will be The Children's Museum on hand to showcase many things for the kids, to do. It is going to be a family affair and John Courtis is inviting ALL of Yuma to make their plans to visit during these hours on that Saturday. Civic Center will open at 9am and the Showcasing goes until 1pm. The event is FREE and it will be family friendly.

## KQSR-FM

### 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 09/23 9:23

Time Aired: 6AM

Length: 15 min

TOPIC OF THIS SHOW: KIDS FUDDLE FUN RUN  
Guest: DR.LAURA HARTMAN

ISSUE: 1, 2, 7

Dr. Laura Hartman was my guest this weekend. Dr. Laura came in to talk about the Fuddles Fun Run that is the 4th Annual here in Yuma. This is an opportunity for families and their children to come out and be a part of a fundraising event for the less fortunate kids that have either been hospitalized for long periods of time or that are admitted for whatever reason. A Kuddle Kit is a pillow case that is had sewn and loaded up with things that kids need, like coloring books, crayons, stickers, games like Go Fish or Old Maid. After the run on September 30th is over the participants will be able to help fill these pillow cases and it really gives a sense of being a huge help to the kids that donate their time. The Kuddle Kits last year were a huge hit with over 300 donated.

TOPIC OF THIS SHOW: HEALTHY EATING  
ADVENTURE

Guest: Judy Gresser Aired 6:15AM

ISSUE: 1,6

Judy Gresser a fixture in the Yuma community came in to discuss the benefits of eating a plant based diet. Judy touched base on so many wonderful things about eating a healthy diet and how so many things can go wrong with your body if you don't eat the right foods.

Plant based diets consist of everything that is nutritious and delicious. If you are eating the wrong things in your everyday life then you may be putting yourself at risk of diabetes, heart disease and organ failures of all types. Judy wanted to let Yuma know that there is another Healthy Eating Adventure coming up starting in October and there is room for ONLY 20 people. This is a class that will meet 5 Monday's and share healthy foods and cooking and sharing. To get in e mail [judy@gresser.com](mailto:judy@gresser.com)

# KQSR-FM

## 3rd Qtr 2017 Quarterly Issues and Program Report

Date Aired: 09/30/2017

6AM

Length: 15 min

TOPIC OF THIS SHOW: VISIT YUMA EVENTS  
Guest: DUSTIN MYLUIS

ISSUE: 1, 7

Yuma visitors Bureau is now visit Yuma. It short and to the point and Yuma wants the country to know that we are here and wanting the country to experience us as an awesome town. Thus here is Rio De Cerveza a brew tasting event that is slated for October 21st at Desert Sun Stadium. VIP tickets will include food and a table under the Tent. Gates for VIP open at 4:30 and open to the public at 5. Entertainment by Risque a local band and brew tasting begins at 5. Bring a designated driver to the event and if you want to purchase tickets go online to visit Yuma and purchase either regular admission or VIP to include your food. Everyone who enters will have a passport book to try ALL the brews and there will be an Award at 9pm for the winner!!!!!! Annual events are the best!

TOPIC OF THIS SHOW: AMVETS MICRO HOMES  
FUNRASING EFFORTS  
Guest: RUBY PERSONETE AND MIKE CONDON

Aired 6:15 AM

ISSUE: 7, 11, 12

The owner of Foothills insurance Ruby Personete and Mike Condon came in to discuss the 33 Micro Mini homes they are trying to get built for the Yuma Veteran's and their wives. They are having several fundraisers and a fashion show for the efforts to raise the money needed to build these homes. As we know a military veteran can be displaced and have nowhere to go and we as a community can stop that. Amvets is looking to raise at least 10K for the first home to be put up and they are asking the community to step up and donate items for these homes. Fundraiser at Applebee's there is a flyer that can be shown at the door and the final bill 20% of proceeds will go to the kitty for the homes to be built. For more info call ruby at 342 3077.



**Weekly Public Affairs Program**

Call Letters: KQSR-FM

**QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2017**

Show # 2017-27

Date aired: 7/11/17 Time Aired: 6:30AM

**Tony Robbins**, motivational speaker, author of "*Money, Master the Game: 7 Simple Steps to Financial Freedom*"

Mr. Robbins picked the brains of more than 50 of the world's most successful investors and money managers, and found dramatically different philosophies. He discussed lessons that anyone can use to improve their personal finances. He also talked about his efforts to feed the hungry and his personal reasons for being concerned about poverty and hunger in America.

**Issues covered:**

**Length: 8:23**

**Personal Finance  
Consumer Matters**

**Andrew Sperling**, Director of Federal Advocacy, National Alliance on Mental Illness

Mr. Sperling discussed the cost of mental health treatment, and the options available to make treatment more affordable. He explained how the Affordable Care Act has affected mental health and substance abuse services. He outlined the most common forms of assistance provided to employees by larger employers. He also talked about the most common forms of mental illness.

**Issues covered:**

**Length: 8:42**

**Mental Health  
Substance Abuse  
Consumer Matters**

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

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

**Issues covered:**

**Length: 4:55**

**Traffic Safety  
Personal Health**

Show # 2017-28

Date aired: 7/8/17 Time Aired: 6:30AM

**Clifford Bassett, M.D., FACA, FAAAAI**, Founder and Medical Director of Allergy and Asthma Care of New York, author of *"The New Allergy Solution: Supercharge Resistance, Slash Medication, Stop Suffering"*

Allergies are on the rise. Dr. Bassett explained why the problem and its underlying causes are quite complex. He believes in many cases, allergic reactions can be prevented, with proper medical advice that examines the interplay of diet, mindset, and environment.

**Issues covered:**  
Personal Health

**Length: 7:28**

**Cornelius N. Grove, Ed.D.**, education expert, author of *"The Drive to Learn: What the East Asian Experience Tells Us about Raising Students Who Excel"*

American students are currently ranked #25 in education globally, significantly behind countries such as Singapore, China and Japan. He believes that American children are less receptive to classroom learning, compared to East Asian children. He said a different approach to parenting is a major factor.

**Issues covered:**  
Education  
Parenting

**Length: 9:51**

**Laurence J. Kotlikoff, PhD**, William Fairfield Warren Distinguished Professor, Professor of Economics at Boston University, President of Economic Security Planning, Inc, author/co-author of 16 books on retirement planning, economics and personal finance

Dr. Kotlikoff has developed the first retirement planning software built by economists. He explained how the "Economist Approach" differs from traditional retirement advice. He said the new approach can help consumers determine the highest level of spending their household can sustain over time, in order to live within their means for the remainder of their lives.

**Issues covered:**  
Retirement Planning  
Senior Citizens

**Length: 4:56**

Show # 2017-29

Date aired: 7/15/17 Time Aired: 6:30AM

**Rachael Stickland**, Co-Founder and Co-Chair of the Parent Coalition for Student Privacy

Schools and third-party vendors collect and share an astonishing amount of personal data on nearly every student in America. Ms. Stickland explained why parents should be concerned and what they can do about it. She believes laws protecting student privacy need to be strengthened.

**Issues covered:**  
Parenting  
Privacy Concerns  
Education

**Length: 8:56**



**Vijay R. Varma, PhD**, researcher and post-doctoral fellow at the National Institute on Aging, part of the National Institutes of Health

Dr. Varma recently co-authored a study that found an alarming decrease in physical activity in youngsters at every age. 19 year olds now get as much exercise and activity as 60 year olds. Dr. Varma explained why this is a major problem. He offered suggestions of ways to encourage both younger and older Americans to become more physically active.

**Issues covered:**  
**Physical Fitness**  
**Personal Health**  
**Aging**

**Length: 8:02**

**Jim Hedlund**, consultant for the Governors Highway Safety Association, former researcher for 22 years at the National Highway Traffic Safety Administration

Mr. Hedlund conducted a study for the Governors Highway Safety Administration that found that for the first time, more drivers who were tested after fatal crashes had drugs in their system than had alcohol. He discussed the role that the increasing legalization of marijuana may play in this trend. He also explained why laws targeting drivers under the influence of alcohol cannot easily be amended to include drug users.

**Issues covered:**  
**Impaired Driving**  
**Substance Abuse**  
**Government Legislation**

**Length: 5:09**

Show # 2017-30

**Date aired:** 7/22/17 **Time Aired:** 6:30AM

**Bill Thornton, PhD**, Professor of Psychology, University of Southern Maine

Dr. Thornton led a study that found that the mere presence of a smart phone, even if it is turned off, can make it difficult to perform complex tasks. He explained the likely reasons that a phone can be so distracting. He offered suggestions for parents who are concerned about phone usage affecting their child's schoolwork.

**Issues covered:**  
**Mental Health**  
**Consumer Matters**

**Length: 7:27**

**Sharon Fowler, MPH**, Adjunct Assistant Professor, University of Texas Health Science Center at San Antonio

Ms. Fowler was the co-author of a study that found that diet soda consumption leads to expanding waistlines. She found that older adults who drank two or more diet sodas a day had waist size increases that were six times greater than those of people who didn't drink diet soda. She discussed the possible physiological reasons and offered suggestions for those trying to control calories.

**Issues covered:**  
**Personal Health**  
**Senior Citizens**  
**Consumer Matters**

**Length: 9:43**

**Regina Leeds**, professional organizer, author of *"The 8-Minute Organizer"*

Nearly everyone can use some help in getting organized. Ms. Leeds talked about the reasons that keeping order in our lives and possessions is so difficult. She offered small, step-by-step suggestions on how determine goals to get organized, and how to create positive routines for the long-term.

**Issues covered:**  
Consumer Matters  
Mental Health

**Length: 5:06**

Show # 2017-31

Date aired: 7/29/17 Time Aired: 6:30 AM

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

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

**Issues covered:**  
Education  
Government Policies

**Length: 8:30**

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

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

**Issues covered:**  
Diabetes  
Personal Health

**Length: 8:38**

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

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

**Issues covered:**  
Children's Health  
Nutrition

**Length: 4:53**

Show # 2017-32  
Date aired: 8/5/17 Time Aired: 6:30AM

**Benjamin H. Barton**, Helen and Charles Lockett Distinguished Professor of Law at the University of Tennessee, author of *"Rebooting Justice: More Technology, Fewer Lawyers, and the Future of Law"*

Professor Barton discussed what he sees are longstanding problems in our judicial system. He said that laws are too complex and legal advice is far more expensive than necessary. He outlined a series of reforms which he believes would make the courts much fairer and more accessible for poor and middle-class Americans.

**Issues covered:**  
Legal Reform  
Poverty

**Length: 8:31**

**Steve Casner, PhD**, research psychologist, NASA scientist, author of *"Careful: A User's Guide to Our Injury-Prone Minds"*

Dr. Casner has devoted his career to studying the psychology of safety. He said after a hundred years of steady decline, the rate at which people are being injured or killed in everyday accidents, such as car crashes, pedestrian fatalities, home-improvement projects gone wrong, medical mistakes and home fires, is increasing. He explained why few of us are as careful as we think we are, and what we can do about it.

**Issues covered:**  
Accident Prevention  
Personal Health

**Length: 8:36**

**Robin Behrstock**, entrepreneur, author of *"Adventures Of Women Entrepreneurs: Stories That Inspire"*

Dr. Behrstock shared some inspiring examples of women who overcame both personal and professional setbacks to turn their dreams of starting their own business into reality. She offered advice for aspiring entrepreneurs who are reluctant to take that first step.

**Issues covered:**  
Women's Issues  
Career

**Length: 4:50**

Show # 2017-33  
Date aired: 8/12/17 Time Aired: 6:30AM

**Lea Waters, Ph.D.**, President-Elect of the International Positive Psychology Association, Gerry Higgins Chair in Positive Psychology at the University of Melbourne, Australia, author of *"The Strength Switch: How the New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish"*

Dr. Waters discussed strength-based parenting, which focuses on sincerely praising children's strengths rather than always trying to correct their weaknesses. She said her approach helps children recognize skills, talents and positive aspects of their personalities, and shows them how to make the most of those positive resources. She said the technique differs significantly from the "participation trophy" approach that was common in the past couple of generations of parenting.

**Issues covered:**  
Parenting

**Length: 10:01**

**Octavia H. Zahrt**, doctoral candidate in health psychology at the Stanford University Graduate School of Business

Physical inactivity is estimated to account for 1 in 10 deaths worldwide, and 79% of U.S. adults do not meet recommended exercise guidelines. Ms. Zahrt co-authored a study that found that people who think they are less active than others in a similar age bracket die younger than those who believe they are more active – even if their actual activity levels are similar. She talked about the possible reasons behind this finding, and how a person’s mindset affects their overall health.

**Issues covered:**  
Physical Fitness  
Mental Health

**Length: 6:56**

**Rachel Tolbert Kimbro, PhD**, Professor of Sociology at Rice University

Prof. Kimbro co-authored a study that found that, in the wake of the Great Recession, more children than ever are living in low-income neighborhoods. She said white children were the group with the biggest increase. She explained why low-income living conditions are a negative influence on academic performance. She offered suggestions of how educators and legislators should attempt to deal with the issue.

**Issues covered:**  
Poverty  
Youth at Risk  
Education

**Length: 4:43**

Show # 2017-34

**Date aired:** 8/19/17 **Time Aired:** 6:30AM

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

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

**Issues covered:**  
Parenting  
Environment

**Length: 10:15**

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

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

**Issues covered:**  
Education  
Consumer Matters

**Length: 6:57**

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

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

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

**Length: 5:13**

Show # 2017-35

**Date aired:** 8/26/17 **Time Aired:** 6:30AM

**Tim Stockwell, Ph.D.**, Director of the Center for Addictions Research at the University of Victoria, British Columbia

Many people believe that having a glass of wine with dinner -- or moderately drinking any kind of alcohol -- will protect them from heart disease. However, Dr. Stockwell has conducted a series of studies that he believes cast doubt on that thinking. He outlined several issues that many researchers fail to factor into their studies.

**Issues covered:**  
**Personal Health**  
**Substance Abuse**

**Length: 8:04**

**Justin Knoll**, sociology doctoral student at the University of Arizona

With incivility in American public and political discourse increasingly in the spotlight, Mr. Knoll conducted a study that found that people's tolerance to incivility impacts the degree to which they participate in politics, especially online. He noted that people who most engage in online political discussions are five times more likely to vote.

**Issues covered:**  
**Civic Participation**  
**Voting**

**Length: 9:07**

**Ken Blanchard**, management expert and co-author of more than 60 books, including *"The One Minute Manager"* and *"One Minute Mentoring: How to Find and Work With a Mentor--And Why You'll Benefit from Being One"*

Mr. Blanchard explained why it is more critical than ever to seek out a mentor for career advancement. He said older workers can also benefit from seeking out a younger mentor for help with technology. He also talked about the positive aspects of mentoring to both parties. He also offered advice on how to locate a mentor.

**Issues covered:**  
**Career**  
**Senior Citizens**

**Length: 5:04**

Show # 2017-36

Date aired: 9/2/17 Time Aired: 6:30AM

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

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

**Issues covered:**

**Length: 8:42**

**Privacy**  
**Government Policies**  
**Consumer Matters**

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

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

**Issues covered:**

**Length: 8:32**

**Minority Concerns**  
**Youth at Risk**  
**Poverty**

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

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

**Issues covered:**

**Length: 6:14**

**Personal Health**  
**Senior Citizens**

Show # 2017-37

Date aired: 9/9/17 Time Aired: 6:30AM

**Jean Twenge, Ph.D.**, Professor of Psychology at San Diego State University, author of "*iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us*"

Dr. Twenge discussed the mental health and development of iGen, the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, she said Americans born between 1995 and 2012 spend less time with their friends in person and are experiencing unprecedented levels of anxiety, depression, loneliness, and suicide. She said iGen is growing up more slowly than previous generations, as reflected in delayed experiences with driving, dating, finding a job, drinking, and sex. She offered advice for parents.

**Issues covered:**

**Length: 9:58**

**Youth at Risk**  
**Mental Health**  
**Parenting**

**Pam Shadel Fischer**, traffic safety expert, Special Projects Consultant for the Governors Highway Safety Administration

Ms. Fischer led a study that found that bicyclist deaths have risen more than 12%, the largest percentage increase of all roadway user groups. She said the average age of those killed is 45, and most are male. She talked about the factors that cause bicycle/car collisions, and what bikers and drivers can do to reduce them.

**Issues covered:**  
Traffic Safety

**Length: 7:16**

**Kenneth S. Rogoff, PhD**, Thomas D Cabot Professor of Public Policy in the Economics Department of Harvard University, author of *"The Curse of Cash: How Large-Denomination Bills Aid Crime and Tax Evasion and Constrain Monetary Policy"*

Even as people in advanced economies are using less paper money, there is more cash in circulation—\$4,200 for every American, mostly in \$100 bills. Dr. Rogoff believes the United States should discontinue the use of \$50 and \$100 bills, because they are primarily used as vehicles for tax evasion, the drug trade, terrorism, human trafficking, and other criminal enterprises. He outlined his plan for it phasing out, and said he believes it could cut criminal activity by 5-10%.

**Issues covered:**  
Crime  
Government Policies  
Consumer Matters

**Length: 5:03**

Show # 2017-38

Date aired: 9/6/17 Time Aired: 6:30AM

**Beth Givens**, Founder and Executive Director of the Privacy Rights Clearinghouse, a nonprofit consumer education and advocacy organization

In perhaps the most egregious security breach to date, credit files of up to 143 million Americans were recently hacked from the credit reporting agency Equifax. Ms. Given explained the seriousness of the incident, how consumers can learn if their data was included and what steps to take to try to defend against identity theft and other forms of fraud.

**Issues covered:**  
Identity Theft  
Consumer Matters  
Government Regulation

**Length: 7:51**

**Steve Kardian**, former FBI defense tactics instructor, author of *"The New Superpower for Women: Trust Your Intuition, Predict Dangerous Situations, and Defend Yourself from the Unthinkable"*

Each year, a disturbing number of women are victims of a crime or assault. Mr. Kardian explained the steps women should take to become a "hard target" in the eyes of criminals. He explained the importance of a woman following her intuition and being proactive in identifying potential trouble.

**Issues covered:**  
Crime Prevention  
Women's Issues  
Self Defense

**Length: 9:26**

**Wendy M. Troxel, PhD**, Senior Behavioral and Social Scientist at the RAND Corporation, Adjunct Professor of Psychiatry and Psychology at the University of Pittsburgh

Dr. Troxel led a state-by-state analysis of the economic implications of a shift in school start times in the US. She found that a nationwide move to 8.30 a.m. could contribute \$83 billion to the U.S. economy within a decade. She said the economic gains would be realized through higher academic and professional performance of students, and reduced car crash rates among adolescents.

**Issues covered:**

Education  
Economy  
Youth at Risk

**Length: 5:00**

Show # 2017-39

Date aired: 9/23/17 Time Aired: 6:30AM

**Jack Kosakowski**, President and CEO, Junior Achievement USA

Mr. Kosakowski discussed a Junior Achievement USA survey that found that 77 percent of parents are concerned about their children's ability to have a successful job or career as adults, in light of global competition and automation. He talked about the rapidly changing career environment, and how Junior Achievement is adapting to today's tech environment to help teenagers.

**Issues covered:**

Youth Concerns  
Careers  
Parenting

**Length: 8:04**

**Dale Bredesen, MD**, NIH Postdoctoral Fellow at the University of California, San Francisco, author of "*The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*"

Dr. Bredesen said his research has determined that Alzheimer's disease is not a single condition, but three similar ones--each with a different cause. He said new research is giving hope that the disease can be prevented and, under certain circumstances, even reversed. He said every American should get a cognitive and genetic test at age 45, to determine their likelihood of developing Alzheimer's.

**Issues covered:**

Alzheimer's Disease  
Aging

**Length: 9:15**

**Craig Gunderson, PhD**, Soybean Industry Endowed Professor in Agricultural Strategy, Professor in the College of Agricultural, Consumer and Environmental Sciences Department of Agricultural and Consumer Economics at the University of Illinois

Dr. Gunderson led a study that found that 5.4 million people age 60 or older in the U.S., or 8.1 percent, did not have enough food for an active, healthy lifestyle. He explained how food insecurity adversely affects a senior citizen's health, and why many low income seniors fail to take advantage of government programs available to them.

**Issues covered:**

Hunger  
Poverty  
Senior Citizens  
Government Programs

**Length: 4:46**