

KQSR-FM 1st

Quarter 2016

QUARTERLY ISSUES AND PROGRAM REPORT

During this quarter the community needs and interests as ascertained with community leaders were addresses by significant public affairs or public service programming in response to the following:

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

KQSR-FM

1ST Qtr 2016 Quarterly Issues and Program

Date Aired: 01/21
Time Aired: 6 Am

Length: 15 min

TOPIC OF THIS SHOW: CLOWN SCHOOL OF YUMA
Guest: MARY GRAVES

ISSUE: 3,7

Mary Graves is a part of the Yuma Clowns who get involved in Supporting the Yuma community including clown visits on a regular basis to Yuma Regional Medical Center , visiting with the elderly and the children who have been stricken to the beds of the hospital. The Yuma Clown group is dedicated to bringing awareness to what a clowns happiness can mean to a sickened child or elderly Person. They go as a group to specific places here in Yuma on a regular basis. Mary wanted to touch base on the Clown School that will be starting in January of 2016 and if a member of the community wanted to be a part of Yuma Yuma clowns they can learn how to paint their face, balloon art and how to dress and what kind of clown you want to be will be part of the class.

TOPIC OF THIS SHOW: COCOPAH GOLF
TOURNAMNET CHILD BURN VICTIMS
Guest: Paul Evancho

ISSUE: 1,6,7

Aired : 6:15 Am

Local Firefighter Paul Evancho came in to discuss the annual child burn victim golf tournament that is taking place on January 23rd 2016 at Cocopah Golf Resort. The funds raised for this event will go directly to the children that have been seriously burned in circumstances beyond their control. Most of the children that have been affected by severe burns have been transported to a Phoenix Area children's hospital and are treated there. Funds raised will help families with hospital bills and care after they are released from the hospital. They are searching for teams to enter the tournament and sponsors of holes etc... This is an annual event and is one of the most popular tournaments in the Yuma community. Anyone that is interested is encouraged to contact Cocopah Resort.

KQSR-FM

1st Qtr 2016 Quarterly Issues and Program Report

Date Aired: 01/09
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: Colorado River Riders
DINE WITH THE DEAD
Guest Randy Smith

ISSUE: 1,2,7

Randy Smith from the Colorado River riders came in to let the community know about the guided tour coming up called "Dine With The Dead" . this is a yearly event and has been very successful. One may ask How do you dine with the dead? Well it is very simple. The Colorado River Riders have a set slate of characters that come back on a yearly basis to re-create a well known historian that had met their demise long ago. It's a recreation of of their life as it was. The tour is just that but there are tickets available for dinner to dine with the characters as portrayed in the recreation. This tour will happen mid January and is expected to sell out. It is a family event and all are welcome to contact the Colorado River Riders for tickets or Randy smith directly.

TOPIC OF THIS SHOW: NAVY League Car Show
Guest: Dean Hager and Larry Mallory

ISSUE: 1,2,3,7

Aired: 6:15am

Dean aka DOC and Larry both a big part of the Navy League here in Yuma are trying to get the word out on the event that happens every year the Cruising Classics Car Show. Yuma's Navy League "Cruising Classics' Car Show will be Jan. 23rd at Fortuna de Oro RV Resort No. Frontage Rd. Yuma, Foothills. It is a family event and all are invited to attend and take in some of the most memorable cars ever. If there are classic enthusiasts that want to enter their car they need to pre-register with the Nay League or call Doc and he will make sure you get an application. All of the funds raised from entries stay local here in the Yuma Community to help with Scholarship programs for our youth. There will be something for everyone and a 50/50 raffle will be available for purchase.

KQSR-FM

1st Qtr 2016 Quarterly Issues and Program Report

Date Aired: 01/16
Time Aired: 6 AM

Length: 15 min

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DINE WITH THE DEAD
Guest Randy Smith

ISSUE: 1,2,7

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KQSR-FM

1st Qtr 2016 Quarterly Issues and Program Report

Date Aired: 01/23
Time Aired: 6pm

Length: 15 min

TOPIC OF THIS SHOW: Mardi Gras on Main
Guest: ANNETTE LAGUNAS

ISSUE: 1,2,7

ANNETTE LAGUNAS from Yuma Visitors Bureau came on the air to spread the word on a yearly function on Main Street that has been a favorite for years. It is the Mardi Gras on Main Street which is slated for February 5th the Saturday before Fat Tuesday the event that has taken our country by storm that goes on in the deep south and the city of New Orleans. There will be a ton of vendors on site and ALL monies raised with a certain vendor is theirs to keep and distribute as they see fit, for example Amberley's Place will be selling colorful beads and that money will go directly to programs for Domestically abused individuals to help them get back on their feet. Yuma Visitors bureau is encouraging all to attend this event which is taking place from 4 to 10pm in the downtown area of Yuma.

TOPIC OF THIS SHOW: Lettuce Days Yuma
Guest: Linda Morgan

ISSUE: 2,4

Aired: 6:15 am

Linda Morgan wanted to get the word out on the 2016 Lettuce Days. This is an annual event that has been taking Yuma by storm for years. It moved last year to a different location which suited the event better for families and is now held at the University of Arizona Ag field on 8th street and Avenue E. The events that needed more space like the showcasing of farm equipment and space for the field workers to host a question and answer session was a good fit and Linda said they are thrilled with the new location. Twenty Thousand people are expected to come to this year's event and learn about the Ag community and how things are done from a technology standpoint including Global Positions Systems (gps) for watering etc... There is no charge to get into the event.

KQSR-FM

1st Qtr 2016 Quarterly Issues and Program Report

Date Aired: 01/30
Time Aired: 6 am

Length: 15 min

TOPIC OF THIS SHOW: Saddles of Joy
Guest: Barbara Tomlinson

ISSUE: 1,2,7

Barbara Tomlinson came in to invite the community to the premier of The Caravan film and independent film that involved the cast members traveling through from California heading to Florida by way Of wagons and Horses. This film will be at the Historic Yuma Theater and will be shown on Saturday February 5th. The proceeds from each ticket sold will go directly to Saddles of Joy. Each Ticket for and adult is \$25.00 and Children 14 and under are just \$10.00. There are tons of local sponsors too like Yuma Feed and Livstock, tiny Hooves Mini Ranch and Lermas Feed and Western Wear. The filmmaker is from Holland and wanted to be a part of the production too. This film shows what it was like to be a part of the old west and what it would have been like to travel back then.

TOPIC OF THIS SHOW: Veterans Assisted Living
Guest: Deric Millis Marketing Director

ISSUE: 7,11,12

Aired: 6:15 am

The New Veterans Assisted Living Facility here in Yuma is going to be home to 111 assisted living apartments for veterans and non Veterans that need help without giving up their independence. The former Clairton Suites has been renovated from hotel to apartment homes and will be opened to the people that can no longer be on their own and need a bit of care. There is a commitment to Cater to Veterans first however anyone can apply to have an assisted living apartment and the cost for such is approximately 4k monthly This includes all meals and utilities as well as a 1 or two bedroom . Most of them will be a roommate style apartment. Activities are also close by at the facility and there are Set schedules for these as well as meals. Licensing will be 2/2016.

KQSR-FM

1st Qtr 2016 Quarterly Issues and Program Report

Date Aired: 02/06
Time Aired: 6 am

Length: 15 min

TOPIC OF THIS SHOW: United Blood Services
GUEST: JANET HOPKINS UNITED BLOOD SERVICES

ISSUE: 6,7

Marketing Director Janet Hopkins for UBS came into discuss the importance of Community Blood Drives and what the Yuma community has for upcoming Blood Drives. Cocopah RV and Golf Resort is hosting their annual blood drive here in the Yuma community as they do every year and it is expected to be very busy as a lot of our winter visitors go out to donate. There is a high need for ALL blood types in the Yuma community as it goes for transfusions of all kinds. Janet also mentioned that the Yuma High Schools get involved with hosting and a BIG part of donations do come from Local High School students. When some of the High School Grads head off to college some of the donations do drop a bit but for the most part they will always be a part of the donations process.

TOPIC OF THIS SHOW: CASA
Court Appointed Special Advocates
Guests: MISTY CICALA CASA COODINATOR
JENNIFER STERENBERG CASA AND JARED..
Aired 6:15am

ISSUE: 2,7,

Our local C.A.S.A Chapter Coordinator Misty Cicala contacted me to see if they were able to come in to interview and get the word out on CASA recruitment for Volunteers. This is a process that goes on 12 months out of the year. CASA is an organization that is the eyes and mouth for Children that have been displaced from their biological homes for reasons that are beyond their control. These specially trained advocates will be the voice in the courts for them as they try to resolve issues within their home. The CASA Advocates are needed all over Arizona and they will also give the children a safe place to call home if they qualify for a Foster Living situation. A volunteer Jared also joined in the studio to Talk about how wonderful it is to give back and volunteer 4 CASA.

KQSR-FM

1st Qtr 2016 Quarterly Issues and Program Report

Date Aired: 02/13
Time Aired: 6am

Length: 15 min

TOPIC OF THIS SHOW: Yuma Lettuce Days
Guest: LINDA MORGAN

ISSUE: 1,2,4

Linda Morgan wanted to get the word out on the 2016 Lettuce Days. This is an annual event that has been taking Yuma by storm for years. It moved last year to a different location which suited the event better for families and is now held at the University of Arizona Ag field on 8th street and Avenue E. The events that needed more space like the showcasing of farm equipment and space for the field workers to host a question and answer session was a good fit and Linda said they are thrilled with the new location. Twenty Thousand people are expected to come to this year's event and learn about the Ag community and how things are done from a technology standpoint including Global Positions Systems (gps) for watering etc... There is no charge to get into the event.

TOPIC OF THIS SHOW: Veterans Assisted Living
Guest: Derick Millis Marketing Director

ISSUE: 7,11,12

Aired 6:15am

The New Veterans Assisted Living Facility here in Yuma is going to be home to 111 assisted living apartments for veterans and non Veterans that need help without giving up their independence. The former Clairton Suites has been renovated from hotel to apartment homes and will be opened to the people that can no longer be on their own and need a bit of care. There is a commitment to Cater to Veterans first however anyone can apply to have an assisted living apartment and the cost for such is approximately 4k monthly This includes all meals and utilities as well as a 1 or two bedroom . Most of them will be a roommate style apartment. Activities are also close by at the facility and there are Set schedules for these as well as meals. Licensing will be 2/2016.

KQSR-FM

1st Qtr 2016 Quarterly Issues and Program Report

Date Aired: 2/20
Time Aired: 6am

Length: 15 min

TOPIC OF THIS SHOW: ELVIS EVENT
Guest: CORI RICO
Arizona children's Association

ISSUE: 1,,7

Cori Rico was my guest this weekend as the yearly Shake Rattle and Roll Elvis event is coming up. This is an annual fundraiser and will be a fun evening attended by the Yuma community. The guests are encouraged to dress like Elvis and come out to support the Arizona Children's association to give them the opportunity to Put monies back into the system to help the orphaned and foster Children that have been displaced from their homes, through unforeseen circumstances. This event is to make the community aware that there is a need to help and all of the funds raised stay here in the Yuma Community. The event is Friday March 11th and you can reserve your tickets by calling the Arizona children's Association or by calling. Elvis Shake Rattle and Roll happens each year.

TOPIC OF THIS SHOW: UNITED BLOOD SERVICES
Guest: JANET HOPKINS

ISSUE: 6

Aired 6:15 am

Marketing Director Janet Hopkins for UBS came into discuss the importance of Community Blood Drives and what the Yuma community has for upcoming Blood Drives. Cocopah RV and Golf Resort is hosting their annual blood drive here in the Yuma community as they do every year and it is expected to be very busy as a lot of our winter visitors go out to donate. There is a high need for ALL blood types in the Yuma community as it goes for transfusions of all kinds. Janet also mentioned that the Yuma High Schools get involved with hosting and a BIG part of donations do come from Local High School students. When some of the High School Grads head off to college some of the donations do drop a bit but for the most part they will always be a part of the donations process

KQSR-FM

1st Qtr 2016 Quarterly Issues and Program Report

Date Aired: 02/27
Time Aired: 6:00AM

Length: 15 min

TOPIC OF THIS SHOW: Midnight at the Oasis
Guest: Jeff Caman

ISSUE: 1,2,7

Jeff Caman the chairperson for the yearly Midnight at the Oasis Was our guest and talked about the yearly car show that is coming up on March 3,4 and 5th. This year Jeff said that on the Thursday just prior to the weekend they are doing a start up in Historic Downtown Yuma with ALL of this year's entries in a parade that is free for the public to come down and spectate and walk around to see these vintage cars and trucks. The event will be kicking off at Desert Sun Stadium on Friday at noon and the community is encouraged to get out and get involved in this event as all proceeds will go to the student programs and scholarships here in our community. The event will also have LIVE bands at night and The public will be invited to purchase tickets to the evening show.

TOPIC OF THIS SHOW: FAMILY FITNESS EXPO
Guest: NATHAN ZACH Parks and Rec
Tanya Benedict -TLC

ISSUE: 1,2,6,7

Aired 6:15am

Nathan Zach From the Yuma Parks and Rec came in to talk about the Family Fitness weekend coming up on March 5 at the West Wetlands Park. Families are encouraged to get off the couch and come out for a morning of fun activities to help get the blood pumping. There will be a 5k and 10k walk run that you are encouraged to sign up for prior to the weekend and there will be FREE Zumba class ! Tanya Benidict was also involved with this segment as She is a local resident and was just featured on the reality show Skin Tight on TLC. Tanya was in the process of losing weight when she was contacted to be on the show and show her success on losing 230lbs. Tanya said that skin stretched and when you lose pounds that skin sags and has nowhere to go. She was a great guest and congrats !

KQSR-FM

1ST Qtr 2016 Quarterly Issues and Program Report

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

Length: 15 min

TOPIC OF THIS SHOW: ELVIS DAYS
GUEST: CORI RICO

ISSUE: 1,7

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TOPIC OF THIS SHOW: ADOSH
GUEST : JESSIE ATENCIO

ISSUE: 5,7

Aired: 6:5am

Jessie Antencio from ADOSH was invited in to discuss the new laws in place for employers for posting and reporting injuries within the workplace. The new laws as such are implemented to protect the injured as well as the employer and the guidelines have to be placed visibly to All to see. In the event of an injury the employer has 24 to 48 hours to report and if it is a fatality or severe enough for hospitalization it has to be reported within 12 hours. If the injury is small and even requires any first aid on site (ie paper cut) it should be reported as it could eventually get infected .. if an injury IS not reported in the allotted time the employer could face troubles as indicated on all paper work that is sent with the guidelines. ADOSH is Arizona based.

KQSR-FM

1ST Qtr 2016 Quarterly Issues and Program Report

Date Aired: 3/12 /
Time Aired: 6 am

Length: 15 min

TOPIC OF THIS SHOW: MARCH OF DIMES BABY
WALK
GUEST: CORI RICO

ISSUE: 1,7

Cori Rico is a volunteer for March of Dimes here in the Yuma community and is involved with fundraising for this yearly event. March of Dimes for babies is an annual event and will be held this year on the 19th of March to raise funds and awareness for unborn Babies and newborns that may be at risk. This may be a birth defect caused by an unforeseen circumstance or it could be that a baby was born addicted to some form of narcotic. This walk is to raise money and awareness. The Yuma community is invited to attend this years event and donate to this cause. It will be taking place at West Wetlands Park early on March 19th and everyone is invited to attend. It is a great family event and it can bring awareness to Young people the issues that need to be addressed.

TOPIC OF THIS SHOW: DRUG TAKE BACK DAYS
GUEST: MEGAN VERHALEN
Yuma County Deputy Attorney

ISSUE: 3, 6,7,

aired: 6:15am

MARCH 17TH is the day that Deputy County Attorney Megan Verhalen Came in to discuss. This Day is an awareness day for the Yuma Community to gather at the Yuma county main Library to learn about the dangers of keeping your prescription drugs outdated or not in use around the home. This is for the communities protection so that drugs of this nature do not fall into the wrong hands. This event will be brief and is to raise awareness on the dangers of prescriptions falling into the publics hands. The County Attorneys Office would like to invite the public to attend a question and answer session on this day. They will also be partnering with The Yuma County Sheriff's office and YPD on when the drop boxes Will be available and the locations of such.

KQSR-FM

1ST Qtr 2016 Quarterly Issues and Program Report

Date Aired: 03/19
Time Aired: 6 AM

Length: 15 min

TOPIC OF THIS SHOW: Yuma County united
Way VITA Program

ISSUE: 7

Karina Jones from United Way of Yuma came in and wanted to inform the Yuma community on the VITA Program which has been in place to help local people file their income taxes. Karina wanted the Yuma community to know and be aware of the program since it can help the families with an income of less than 54K a year (single or combined income) file their taxes for free. This program has volunteers that are specially trained by the IRS and have extensive knowledge of the tax laws that are in place or new ones that the government has made mandatory. There is no appointment needed and you as a filer can drop these documents off or wait to be seen by a tax specialist. Hours of operation vary but a person can find the hours by visiting unitedway.org and typing in our local zip code.

TOPIC OF THIS SHOW: ABWA WOMANS EXPO
Guest: Karen McCafferty

ISSUE: 1,6,7

Aired: 6:15am

The American Business Women's Association or ABWA was invited in to talk about the local chapter here in Yuma. Karen McCafferty is The treasury person of the ABWA and wanted to discuss the EXPO that is coming up on April 9th at Arizona Western College (AWC). There will be a variety of vendors on hand at the event as well as fitness experts and it is going to be a day of pampering for ALL the women in the community. Tickets are on sale and anyone can get them for 5.00 VIP or at the door they are 3.00. ALL of the funds raised are going directly back into A scholarship program for women With a GPA of 3.0 or higher. The ABWA has meeting once a month and Is a great way for new professional woman in Yuma to get out and mingle with other professionals. Everyone is encouraged to come to the EXPO Call Karen at Corona Optique

KQSR-FM

1st Qtr 2016 Quarterly Issues and Program Report

Date Aired: 03/26
Time Aired: 6am

Length: 15 min

TOPIC OF THIS SHOW: SUMMER YUMA TEACHER PROGRAM
GUEST: JOHN COURTIS

ISSUE: 7,10

John Courtis from the Yuma County Chamber of Commerce came in to get the word out to the businesses in Yuma to get involved in a new program that will put Yuma county teachers to work over the summers. As most of the community knows the teachers are ONLY employed until classes are over and some of them leave to find summer jobs elsewhere and may or may not return to Yuma. We as a Community as close knit as we seem to be want our teachers to stay For the summers and take what would be a temporary job. Businesses are encouraged to visit the Yuma County Chamber website and get their business in the job pools for temporary positons for our Yuma County Teachers. The Yuma Summer Project will keep our teachers here working for the summer. For more info visit yumachamber.org

TOPIC OF THIS SHOW: ARIZONA WATER FUTRE
GUEST: YUMA COUNTY SUPERVISOR
RUSSELL McCLOUD

ISSUE: 1,3

Aired 6:15am.

RUSSELL McCLOUD Yuma County Supervisor was in the studio this morning to talk about the forum that is coming up on April 7th and the public is invited to sign up for the discussion that will be held at the Yuma County Main Library at 2951 S. 21st Street in the Multipurpose room A at 12 noon til 1:30 pm. It will be a brief discussion on the future of Arizona's water future and the committee will be listening to recommendations on the future of our water. Russell also touched base on several issues here in the Yuma Ag community. Our Farms depend on water. Yuma is responsible for A lot of the United States fresh grown lettuce, fruits , veggies and without water the Ag community would not be in very good shape. All are encouraged to attend the meeting. Pre register now online aztownhall.org. Lunch will be included cost \$20.00.



Weekly Public Affairs Program

Call Letters: KQ8R-FM

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2016

Show # 2016-01

Date aired: 1/2 Time Aired: 6:30 AM

John A. Eterno, Ph.D., Professor, Associate Dean and Director of Graduate Studies in Criminal Justice at Molloy College, former Captain with the New York City Police Department, co-author of "*The Crime Numbers Game: Management by Manipulation*"

Dr. Eterno conducted the first scientific examination of crime statistics manipulation in the New York City Police Department. He explained how increasing pressure to show decreasing crime rates by any means necessary has affected police departments throughout the United States. He discussed how this affects crime victims and explained what citizens can do, to ensure that their local police department is reporting crime statistics in an honest manner.

Issues covered:

Length: 8:47

**Crime
Government Policies**

Kristen Copeland, MD, Assistant Professor of Pediatrics at Cincinnati Children's Hospital Medical Center

75% of young children in the US are in some form of pre-school or daycare outside the home. Dr. Copeland conducted a study that found that most children in daycare get far too little exercise. She explained the reasons behind this trend and why parents should be concerned. She outlined the types of questions parents should ask when they are looking for a pre-school or daycare center.

Issues covered:

Length: 8:24

**Children's Health
Parenting
Education**

Phil Reed, Senior Consumer Advice Editor at Edmunds.com

Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

Issues covered:

Length: 4:52

**Environment
Consumer Matters**

Show # 2016-02

Date aired: 1/9 Time Aired: 6:30A

Jane Bryant Quinn, personal finance journalist, syndicated columnist, author of "*How To Make Your Money Last: The Indispensable Retirement Guide*"

Even with her decades of experience in the field, Ms. Quinn found planning her own retirement overwhelming, so she set out to find answers. She explained how to determine how much money may be needed for retirement, how to greatly simplify investment decisions, and why communication between a husband and wife is so important in retirement planning.

Issues covered:

Length: 9:06

**Retirement Planning
Personal Finance**

Kate Carr, President and CEO of Safe Kids Worldwide, a nonprofit organization working to prevent childhood injury

Last year, more than six million car seats were recalled for a safety defect, yet fewer than half of them were fixed. Ms. Carr outlined her organization's concerns and explained why so many recalled car seats were not repaired. She noted that 80 percent of parents believe car seat registration cards are important, but only 42 percent return the card.

Issues covered:

Length: 8:14

**Children's Health
Parenting**

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

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

Issues covered:

Length: 5:04

**Education
Government Policies**

Show # 2016-03

Date aired: 1/16 Time Aired: 6:30A

Stephen Kohn, attorney, Executive Director of the National Whistleblower Center, author of "*The Whistleblower's Handbook: A Step-By-Step Guide To Doing What's Right And Protecting Yourself*"

Every year, criminals and fraudsters rip off the federal government by committing tax fraud—stealing billions of taxpayer dollars in the process. However, it's becoming much more difficult to do so, thanks to a massive increase in whistleblower disclosures. Mr. Kohn discussed recent changes in laws that have made it much easier to report wrongdoing. He also explained what steps to take to weigh the plusses and minuses of blowing the whistle.

Issues covered:

Length: 8:53

**Whistleblowing
Crime
Government Regulations**

Mary Norris, longtime copy editor at "The New Yorker," author of "*Between You & Me: Confessions of a Comma Queen*"

Ms. Norris discussed the most common mistakes in spelling, punctuation and word usage, and why it is so important. She explained how new technologies and changes in our nation's education system have made proper grammar less "cool."

Issues covered:

Length: 8:21

**Education
Career**

Kevin Fiscella, MD, MPH, Associate Professor of Family Medicine and Community & Preventive Medicine at the University of Rochester School of Medicine & Dentistry

Dr. Fiscella discussed his groundbreaking research that found that the lives of nearly 8,000 black Americans could be saved each year if doctors could figure out a way to bring their average blood pressure down to the average level of whites. He talked about the reasons behind the gap between the races in controlling blood pressure, and the possible ways to reduce that gap.

Issues covered:

Length: 4:54

**Personal Health
Minority Concerns**

Show # 2016-04

Date aired: 1/23 Time Aired: 6:30A

Maria Konnikova, journalist, psychologist, author of "*The Confidence Game: Why We Fall for It . . . Every Time*"

Ms. Konnikova explained how the world's most talented con men can so easily use persuasion and exploit trust to swindle even the most cautious consumers. She said human beings are hardwired to believe, no matter how educated they are about scams and ripoffs. She talked about the most common methods used by crooks to lure their victims in.

Issues covered:

Length: 9:04

**Crime
Consumer Matters**

Elizabeth Levy Paluck, PhD, Associate Professor of Psychology and Public Affairs at the Woodrow Wilson School of Public and International Affairs at Princeton University

Curbing bullying has long been a focal point for parents and schools, but Dr. Levy Paluck found that the answer may not lie within rules set by adults. Her team of researchers from Princeton, Rutgers and Yale found that students themselves, particularly those most connected to their peers, were able to reduce and resolve conflicts 30% more effectively than traditional methods used by adults.

Issues covered:

Length: 7:51

**Bullying
Youth at Risk**

Alex Hutchinson, PhD, contributing editor at Popular Mechanics magazine, author of "*Big Ideas: 100 Modern Inventions That Transformed Our World*"

Mr. Hutchinson consulted 25 experts at 17 museums and universities to determine the 100 greatest inventions of the modern era. He talked about the long-term trends of scientific research and government's role in it.

Issues covered:

Science
Government Spending

Length: 5:02

Show # 2016-05

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

Susan B. Roberts, Ph.D., Director of the Energy Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston

Most people think of fast food when they imagine the unhealthy effects of eating out. Dr. Roberts led a study that found that 92 percent of meals from both large-chain and non-chain local restaurants exceeded recommended calorie requirements for a single meal. She explained how to keep tabs on restaurant portion sizes and calorie information. She proposed local legislation to require restaurants to offer partial portions at partial prices.

Issues covered:

Nutrition
Personal Health
Consumer Matters
Government Regulations

Length: 8:31

Marc Goodman, law enforcement and counterterrorism expert, author of "*Future Crimes: Inside the Digital Underground and the Battle for Our Connected World*"

Technology has improved our lives immeasurably, but Mr. Goodman said that a new tidal wave of tech advancements—from implantable medical devices to drones to WiFi thermostats—are all susceptible to hacking, with disastrous consequences. He explained some of the greatest concerns for the average consumer and how to attempt to keep devices secure.

Issues covered:

Crime
Online Security

Length: 8:45

Sissy Lappin, veteran real estate agent, author of "*Simple and Sold: Sell Your House Fast and Keep the Commission*"

Selling a house can be expensive. Ms. Lappin said that sales commissions typically devour 40-60% of a home seller's equity. However, she believes that the Internet has made it far easier for a property owner to take control of their own home-selling process and save money. She outlined the basic steps and common pitfalls.

Issues covered:

Consumer Matters
Personal Finance

Length: 4:57

Show # 2016-06

Date aired: 2/6 Time Aired: 6:30A

Brandi Britton, District President of Office Team, a staffing service providing temporary administrative and office support staff

Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

Issues covered:

Length: 7:28

**Employment
Career
Social Media**

Jennifer Bradley, co-author of "Make it Zero: The Movement to Safeguard Every Child"

Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

Issues covered:

Length: 9:43

**Human Trafficking
Child Abuse
Poverty**

Richard Thaler, PhD, Professor of Behavioral Science and Economics at the University of Chicago Booth School of Business, President of the American Economic Association

Prof. Thaler discussed what happens when economics meets psychology and how irrational human beings greatly influence the US and world economies. He explained how research is in progress to understand human miscalculations, with the goal of developing better decision making in business, government and life in general.

Issues covered:

Length: 4:49

**Economics
Consumer Matters
Mental Health**

Show # 2016-07

Date aired: 2/13 Time Aired: 6:30A

Jamie Cooper, Associate Professor in the University of Georgia Department of Foods and Nutrition

Prof. Cooper led a study that found that vacations often lead to small amounts of long-term gradual weight gain and contribute to 'creeping obesity'. She talked about the primary causes of weight gain during vacations and explained why it's important to lose the added weight as soon as possible upon returning from a trip.

Issues covered:

Length: 9:31

**Personal Health
Obesity**

R. Douglas Fields, PhD, Chief of the Section on Nervous System Development and Plasticity at the National Institute of Child Health and Human Development, a part of the National Institutes of Health, Adjunct Professor in the Neuroscience and Cognitive Science Program at the University of Maryland, College Park, author of *"Why We Snap: Understanding the Rage Circuit in Your Brain"*

Today's headlines are filled with examples of otherwise rational people with no history of violence or mental illness who suddenly snap in a domestic dispute, an altercation with police, or road rage attack. Dr. Fields explained the reasons behind these seemingly random episodes. He said every human has been hardwired with the potential to snap. He also said the same pathway in the brain that can result in a violent outburst can also enable us to act heroically and altruistically before our conscious brain knows what we are doing.

Issues covered:

Length: 7:46

**Mental Health
Domestic Violence**

Thomas Nassif, Ph.D., Professorial Lecturer in American University's Department of Health Studies, researcher at the D.C. Veterans Affairs Medical Center

U.S. veterans often return home with multiple types of trauma, and suffer from one of the highest rates of chronic pain of any population in the U.S. Dr. Nassif led a study that found that veterans who practiced meditation reported a 20 percent reduction in pain intensity, and in how pain interferes with everyday aspects of life, such as sleep, mood, and activity level.

Issues covered:

Length: 4:46

**Military Affairs
Mental Health
Personal Health**

Show # 2016-08

Date aired: 2/20 **Time Aired:** 6:30A

Rashmi Shetgiri, MD, Assistant Professor of Pediatrics, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

Dr. Shetgiri led a study of what factors influence teens to get involved with weapons. She said emotional distress and substance abuse both increase the odds for white, black and Hispanic youth to carry or use a gun or knife. She also discussed the importance of parents and positive role models in the prevention of youth violence.

Issues covered:

Length: 7:47

**Youth Violence
Youth at Risk
Minority Concerns**

Harold Pollack, PhD, Helen Ross Professor of Social Service Administration at the University of Chicago, where he researches health and urban policy concerns, nonresident fellow at the Century Foundation, co-author of *"The Index Card: Why Personal Finance Doesn't Have to Be Complicated"*

Dr. Pollack believes that everything Americans need to know about managing their money could fit on a single index card. He explained why his nine simple rules outperform more complicated financial strategies. He also discussed the most responsible way to select a financial advisor and why he felt one of his most important rules should be to support the nation's social safety net.

Issues covered:

Length: 9:33

**Personal Finance
Charitable Contributions**

Maria Corkern, reading specialist, teacher, author of "*Doris Thesaurus*"

Recent studies have found that since 1950, the average teenager's vocabulary has dropped from 25,000 words to only 10,000. Ms. Corkern said that a limited vocabulary translates into a reduced ability to think critically and communicate effectively, which results poor educational performance. She offered suggestions for parents on how to help a child improve his vocabulary.

Issues covered:

Length: 5:02

**Education
Teen Concerns
Youth at Risk**

Show # 2016-09

Date aired: 2/27 **Time Aired:** 6:30A

Katy J. Harriger, PhD, Chair and Professor, Department of Politics and International Affairs at Wake Forest University

Our nation's political climate is more polarized than ever, and voter turnout among young people is abysmal. But Dr. Harringer led a study that found that learning to talk about controversial issues while in college can inspire young adults to be more engaged citizens even ten years later. She explained what the students were taught and how it could be applied to voters of any age.

Issues covered:

Length: 8:34

**Civic Participation
Voting
Youth Concerns**

Matt Schulz, Senior Industry Analyst at CreditCards.com

25 million credit cardholders haven't changed their go-to credit card in at least ten years. Mr. Schultz said that people are missing many rewards because card issuers are hotly competing for new customers and giving big sign-up bonuses. He outlined some of the methods savvy consumers use to get the most out of their credit cards. He also explained why many consumers are reluctant to switch cards.

Issues covered:

Length: 8:27

**Personal Finance
Consumer Matters**

Phil Reed, Senior Consumer Advice Editor at Edmunds.com

Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

Issues covered:
Environment
Consumer Matters

Length: 4:52

Show # 2016-10

Date aired: 3/5 Time Aired: 6:30A

Patty Ann Tublin, PhD, author of "*Money Can Buy You Happiness: Secrets Women Need to Know To Get Paid What They Are Worth!*"

Dr. Tublin outlined ways women can close the gender wage gap and negotiate their true worth at work. She explained why women have a harder time accepting the emotional and financial value of money, and how to change that attitude. She also offered suggestions for women who would like to determine what the appropriate pay range is for a particular job.

Issues covered:
Women's Issues
Career

Length: 7:08

Henry S. Gornbein, attorney, author of "*Divorce Demystified: Everything You Need to Know Before You File for Divorce*"

Mr. Gornbein said next to the death of a loved one, divorce is one of the most traumatic of life's experiences. He discussed the sometimes complicated steps to take when deciding whether to proceed with a divorce. He talked about the significant ways divorce has changed in recent years, including the surprising influence of social media and changes in child custody arrangements.

Issues covered:
Legal Matters
Marriage
Parenting

Length: 9:57

Jerry Brewer, MD, dermatologist and researcher at the Mayo Clinic

Dr. Brewer led a study that found that the risk of developing the most dangerous type of skin cancer is now more than six times higher among young adults than it was 40 years ago. He talked about the likely reasons behind this trend and why women under age 40 may be especially vulnerable.

Issues covered:
Cancer
Personal Health

Length: 4:51

Show # 2016-11

Date aired: 3/12 Time Aired: 6:30 AM

Brian Fleming, combat veteran, co-author of "*Redeployed: How Combat Veterans Can Fight the Battle Within and Win the War at Home*"

Mr. Fleming discussed Post Traumatic Stress Disorder and other difficulties faces by combat veterans and their families. He noted that the suicide rate among veterans under the age of 30 has risen by 44% in the past several years. He said no one prepares veterans to successfully make the transition back home. He offered strategies for both vets and their families who are struggling with a return to civilian life.

Issues covered:

Military Families Issues
Government Policies
Mental Health

Length: 9:16

Bradley F. Bale, MD, heart attack and stroke prevention specialist, Medical Director of the Heart Health Program for Grace Clinic, Lubbock, TX, author of "*Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes*"

Heart disease affects 81 million Americans and is the culprit in one of every two deaths in the United States. Dr. Bale said most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. He outlined some relatively inexpensive lab tests than can uncover arterial inflammation and its underlying causes. He also talked about the importance of simple changes in lifestyle that can dramatically cut the risk of heart attack and stroke.

Issues covered:

Personal Health

Length: 9:16

Alfie Kohn, education watchdog, author of "*The Homework Myth: Why Our Kids Get Too Much of a Bad Thing*"

Mr. Kohn shared results of a study that found that more homework is being assigned to younger students each school year. He believes that homework provides no benefits in elementary school. He explained why homework is still so widely accepted, despite evidence against it.

Issues covered:

Education
Government Policies
Children's Issues

Length: 4:37

Show # 2016-12

Date aired: 3/19 Time Aired: 6:30 A

Richard Retting, MS, FITE, transportation consultant for the Governors Highway Safety Association

Pedestrian fatalities in the U.S. jumped last year, the largest annual increase ever measured. Mr. Retting said numerous factors may have contributed to the spike, including an increase in the number of miles driven, alcohol consumption, and the growing use of cell phones among walkers and drivers. He believes states and localities can apply the right mix of engineering, education and enforcement to counteract this troubling trend.

Issues covered:

Length: 7:09

**Traffic Safety
Government**

Brandon L. Alderman, PhD, Assistant Professor of Exercise Science and Sport Studies, Director of the Exercise Psychophysiology Lab at Rutgers University

Dr. Alderman led a study that examined whether a combination of activities can effectively treat depression. Participants who were asked to meditate for 30 minutes before exercising for 30 minutes twice a week had 40 percent less depressive symptoms than they did before the study began. He explained the likely reasons behind these results. He said that even study participants who were not depressed received noticeable benefits.

Issues covered:

Length: 10:08

**Mental Health
Personal Health**

Paul Redman, Executive Director of Longwood Gardens near Philadelphia, one of the leading public gardens in the country, co-chair of the Seed Your Future initiative, which promotes horticulture as a career path for young people

Mr. Redman is concerned about the increasing shortage of professional horticulturalists and horticulture programs at universities. He noted that enrollment in horticulture programs has declined dramatically at a time when the need for graduates of these programs is more important than ever. He outlined the wide variety of good jobs available and discussed possible reasons that horticulture is not considered by young adults preparing to enter college or the job market.

Issues covered:

Length: 5:03

**Horticulture
Education
Career**

Show # 2016-13

Date aired: 3/26 **Time Aired:** 6:30A

Michael J. Blaha, MD, MPH, Preventive Cardiologist, Director of Clinical Research at the Ciccarone Center for the Prevention of Heart Disease at Johns Hopkins Hospital

Dr. Blaha recently led a study that suggests that people who exercise habitually are more likely to survive their first heart attack. He discussed the wide-ranging benefits of exercise and how much is enough. He said even older people can get in shape and get the heart-protective benefits of physical activity. He also offered ideas for how to get started.

Issues covered:

Length: 9:03

**Personal Health
Senior Citizens**

Janette Sadik-Khan, transportation and urban transformation expert, former transportation commissioner of New York City, author of "Streetfight: Handbook for an Urban Revolution"

Ms. Sadik-Khan discussed the importance of incorporating innovative transportation plans into modern urban environments. She explained how cities can add protected bike paths, improve crosswalk space, and provide visual cues to reduce speeding. She said redesigning streets can reduce congestion and increase foot traffic, which often improves the bottom line of local businesses.

Issues covered:
Urban Planning
Public Transportation

Length: 8:16

Jason R. Wiles, PhD, Associate Professor, Biology, Syracuse University

Dr. Wiles led a study that found that minority college students learn many science, technology, engineering, and mathematics lessons more effectively when they are taught by a recent minority student, rather than a traditional classroom instructor. He explained why STEM subjects are so important for today's students, and the possible reasons why this alternative method of teaching works so well.

Issues covered:
Education
Minority Concerns

Length: 5:05