

KQSR-FM

QUARTERLY ISSUES AND PROGRAM REPORT

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

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

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 01/07/2023

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Adair

Range/HPRPC

Guest: Cal Richardson & Joe Murk

Issue: #7 Community
Service Organizations

Joe and Cal from the High Power Rifle and Pistol Club of Yuma joined Cody Beeson to discuss the local club and as well as the good the club does in educating the community. The goal of the High Powered Rifle & Pistol Club of Yuma is to promote Rifle and Pistol Marksmanship through local practice and competitive matches. The High Powered Rifle & Pistol Club of Yuma grants the privilege of membership to individuals and organizations committed to this objective. Membership is open to all persons who are legal residents of the United States and are of good moral character who may lawfully own firearms (including minors with adult supervision). For more information visit www.hprifleyuma.com.

Date aired: 01/07/2023

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Disabled American
Veterans

Guest: Raul Atondo

Issue: #7 Community
Service Organizations

Raul Atondo, volunteer with the local Yuma chapter of Disabled American Veterans discussed on the radio with Cody Beeson the various options available to local disabled veterans and their caregivers. The Disabled American Veterans is an organization created in 1920 by World War I veterans for disabled military veterans of the United States Armed Forces that helps them and their families through various means. It was issued a federal charter by Congress in 1932. It currently has over 1 million members. For more information please reach out to the local chapter at 954 S 13th Ave, Yuma, AZ 85364.

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 01/14/2023
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Fire Dept.
Winter Tips
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert, Public Information Officer with the Yuma Fire Department shared with Cody Beeson the information regarding the winter weather in the southwest. Every year, kids look forward to winter vacation time. Children will soon be off from school for the winter break, and that is a safety concern. In the past, children playing with fire have caused some serious damage and endangered lives. During vacation time, children may find themselves with too much time on their hands and not as much supervision. Be sure that all matches and lighters are kept in secure locations, out of sight, out of reach, and preferably locked away from children. As an adult, be a good example and never "play" with fire. Teach your children that matches and lighters are "Tools" and not "Toys", and be sure to teach them how dangerous fires are and the consequences of playing with fire.

Date aired: 01/14/2023
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: RTR
Guest: Bob Wills

Issue: #1 Community
Events

Bob Wills, Founder, presenter and contributor at the RTR in Quartzsite called in to the studio to share with Cody Beeson about the upcoming event happening in our close proximity. In fact many of the participants in Quartzsite will venture through Yuma to either Mexico or California before the season is complete. Bob wanted to share the various workshops, discussions and panels happening in Quartzsite related to RV living. There is no cost to attend this event it is family friendly all ages are welcome. The first part of the RTR focuses on exclusively females and gives them an opportunity to share and discuss ideas pertinent to living on the road as a female. The rest of the RTR will be inclusive to all genders and share in general and specific advice related to living in an alternative situation. For more information visit the RTR Facebook page or website.

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 01/21/2023
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Fire Dept.
Smoke Alarms
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert, Public Information Officer with the Yuma Fire Department shared with Cody Beeson the information regarding YFD personnel respond to calls from residents whose smoke alarms are sounding. Fortunately, this doesn't always involve a fire, often it just involves a resident needing assistance with the alarm. Frequently this is just a matter of the batteries needing to be replaced, and/or an alarm the resident is not familiar with. Often this is a late night disturbance for the resident that could have been avoided by regularly changing the batteries. Smoke Alarms Save Lives, and they are some of the cheapest insurance you can buy, but they will do no good if they are not working properly. For more information about fire and injury prevention classes offered, contact the Yuma Fire Department Public Information Office at 373-4855.

Date aired: 01/21/2023
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #7 Community
Service Organizations

Howard Blitz Executive Director with the Freedom Library in Yuma Arizona came on to discuss the completion of the fundraiser and community project that will be bringing the Statue of Liberty to Yuma. The freedom library has commissioned an artist to design and create a Statue of Liberty replica that will be featured in the community. The Freedom Library intends to bring Lady liberty to Yuma and give her as a gift to the community. The statue is ready to be displayed for the whole community to enjoy.

For more information or to make a contribution or assist in anyway please visit freedomlibrary.org or reach out to Howard directly.

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 01/28/2023
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Fire Dept.
Smoke Alarms
Guest: Mike Erfert

Issue: #5 Government

Mike Erfert, Public Information Officer with the Yuma Fire Department shared with Cody Beeson the information regarding YFD personnel respond to calls from residents whose smoke alarms are sounding. Fortunately, this doesn't always involve a fire, often it just involves a resident needing assistance with the alarm. Frequently this is just a matter of the batteries needing to be replaced, and/or an alarm the resident is not familiar with. Often this is a late night disturbance for the resident that could have been avoided by regularly changing the batteries. Smoke Alarms Save Lives, and they are some of the cheapest insurance you can buy, but they will do no good if they are not working properly. For more information about fire and injury prevention classes offered, contact the Yuma Fire Department Public Information Office at 373-4855.

Date aired: 01/28/2023
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #7 Community
Service Organizations

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KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 02/04/2023

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Fire Dept.
Smoke Alarms

Guest: Mike Erfert

Issue: #5 Government

Mike Erfert, Public Information Officer with the Yuma Fire Department shared with Cody Beeson the information regarding YFD personnel respond to calls from residents whose smoke alarms are sounding. Fortunately, this doesn't always involve a fire, often it just involves a resident needing assistance with the alarm. Frequently this is just a matter of the batteries needing to be replaced, and/or an alarm the resident is not familiar with. Often this is a late night disturbance for the resident that could have been avoided by regularly changing the batteries. Smoke Alarms Save Lives, and they are some of the cheapest insurance you can buy, but they will do no good if they are not working properly. For more information about fire and injury prevention classes offered, contact the Yuma Fire Department Public Information Office at 373-4855.

Date aired: 02/04/2023

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: RTR
Guest: Bob Wills

Issue: #1 Community
Events

Bob Wills, Founder, presenter and contributor at the RTR in Quartzsite called in to the studio to share with Cody Beeson about the upcoming event happening in our close proximity. In fact many of the participants in Quartzsite will venture through Yuma to either Mexico or California before the season is complete. Bob wanted to share the various workshops, discussions and panels happening in Quartzsite related to RV living. There is no cost to attend this event it is family friendly all ages are welcome. The first part of the RTR focuses on exclusively females and gives them an opportunity to share and discuss ideas pertinent to living on the road as a female. The rest of the RTR will be inclusive to all genders and share in general and specific advice related to living in an alternative situation. For more information visit the RTR Facebook page or website.

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 02/11/2023
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

Date aired: 02/11/2023
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 02/18/2023

Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

Date aired: 02/18/2023

Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK

Guest:

Issue:

SEE ATTACHED

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 02/25/2023
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma
Multiversity
Guest: Jerry Cabrera, President/CEO

Issue: #3 Education

Jerry Cabrera, President and CEO of the Yuma Multiversity came on the program to share with Cody Beeson about the progress being made at the Multiversity. The primary mission of Yuma Multiversity is to establish collaborations between industry and higher education to bring a robust workforce, increasing degree and certification outcomes. Establishing partnerships is critical to success from local and regional stakeholders, including collaboration with local colleges and universities. Working with the finest college and universities, YMVC will provide a walkable, bikeable urban site for prospective talent to achieve academic success. For more information or to get involved contact Jerry Cabrera at jerry@yumamultiversity.com or visit yumamultiversity.com.

Date aired: 02/25/2023
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Multiversity
Guest: Jerry Cabrera, President/CEO

Issue: #3 Education

Jerry Cabrera, President and CEO of the Yuma Multiversity came on the program to share with Cody Beeson about the progress being made at the Multiversity. The primary mission of Yuma Multiversity is to establish collaborations between industry and higher education to bring a robust workforce, increasing degree and certification outcomes. Establishing partnerships is critical to success from local and regional stakeholders, including collaboration with local colleges and universities. Working with the finest college and universities, YMVC will provide a walkable, bikeable urban site for prospective talent to achieve academic success. For more information or to get involved contact Jerry Cabrera at jerry@yumamultiversity.com or visit yumamultiversity.com.

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 03/04/2023
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

Date aired: 03/04/2023
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 03/11/2023
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

Date aired: 03/11/2023
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 03/18/2023
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

Date aired: 03/18/2023
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

KQSR

1st Qtr 2023 Quarterly Issues and Program Report

Date aired: 03/25/2023
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED

Date aired: 03/25/2023
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: INFOTRACK
Guest:

Issue:

SEE ATTACHED



Weekly Public Affairs Program

Call Letters: KQSR-FM

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2023

Show # 2023-01

Date aired: 1/7/23 Time Aired: 6:30AM

Jacquelyn C. Campbell, PHD, RN, FAAN, expert on domestic violence, violence against women and intimate partner violence, Professor and the Anna D. Wolf Chair at the Johns Hopkins School of Nursing, National Program Director for the Robert Wood Johnson Foundation's Nurse Faculty Scholars Program

Dr. Campbell developed the Danger Assessment, a groundbreaking questionnaire designed to assess a woman's risk of being killed by an abusive partner. She talked about recent updates to the tool that address concerns for immigrant women and same-sex partners. She said it's helpful for an abused woman to document for herself how often abuse is happening, levels of abuse and other patterns.

Issues covered:

Length: 9:21

**Domestic Violence
Women's Concerns**

Bryan Caplan, PhD, Professor of Economics at George Mason University, blogger for EconLog, author of "*The Case against Education: Why the Education System Is a Waste of Time and Money*"

Although it is immensely popular--and immensely lucrative--Dr. Caplan believes that higher education is grossly overrated. He said that decades of growing access to education have not resulted in better jobs for the average worker, but instead in runaway credential inflation. He is in favor of serious cuts in government education funding to curb this wasteful rat race, along with a renewed emphasis on vocational education.

Issues covered:

Length: 8:01

**Education
Career
Government Spending**

Cyrus Farivar, Senior Business Editor at Ars Technica, author of "*Habeas Data: Privacy vs. the Rise of Surveillance Tech*"

Mr. Farivar discussed how judges and activists have thought about privacy and surveillance in America in recent decades. He believes that laws need to be updated to address advances in surveillance technology, such as the mass use of license plate readers and facial recognition software.

Issues covered:

Length: 5:04

**Constitutional Rights
Privacy**

Show # 2023-02

Date aired: 1/14/23 Time Aired: 6:30AM

Todd Spencer, President of the Owner-Operator Independent Drivers Association

Trucking is critical to virtually every aspect of the US economy. Mr. Spencer talked about the biggest challenges faced by truck drivers. He said drivers often spend 30% of their work week being detained by inefficiencies in the supply chain, waiting for shippers and receivers. He discussed the lack of adequate training of new truckers. He also talked about road congestion and needed improvements in the nation's highway system to better accommodate trucks.

Issues covered:

Length: 8:39

Transportation
Supply Chain Issues
Employment

Natasha Slesnick, PhD, Professor of Human Development and Family Science in the Department of Human Sciences, and EHE Associate Dean for Research and Administration at Ohio State University

Prof. Slesnick led a study that suggests that giving some homeless mothers with young children a place to live may do little to help them if it is not combined with support services. She outlined the most significant challenges faced by homeless mothers and their children, and the most effective forms of support.

Issues covered:

Length: 8:45

Homelessness
Government Programs
Drug Abuse

Donna Thompson, PhD, MBA, retired college educator, an advocate for children's literacy and creator of The Adventures of Carly and Charly, a book series "written" by cats for kids

Ms. Thompson discussed the importance of encouraging reading in young children, and the major obstacles created by electronic screens. She talked about the long-lasting health and wellness benefits connected to reading, and why it is so important for parents to set a good example in reading habits.

Issues covered:

Length: 5:01

Literacy
Parenting

Show # 2023-03

Date aired: 1/21/23 Time Aired: 6:30AM

Nora Volkow, MD, Director of the National Institute on Drug Abuse, part of the National Institutes of Health

Fentanyl overdoses are the leading cause of death for Americans ages 18 to 49, more than car accidents or suicides. On average, one person dies of a fentanyl overdose in the United States every seven minutes, and the number of Americans killed by the drug has jumped 94 percent since 2019. Dr. Volkow discussed why the problem has skyrocketed and what steps the federal government is taking to address it. She said that, while the epidemic was worse in certain rural areas of the US in past years, the problem has now overwhelmed every city and state. She talked about the importance of education and treatment programs, and also explained why fentanyl is a particularly troubling issue for pregnant women.

Issues covered:

**Substance Abuse and Treatment
Government Policies**

Length: 17:52

Sam Quinones, author of *"The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth"*

The opioid crisis' damage to US communities cost the economy \$1.5 trillion in 2020 alone, according to a congressional analysis. Mr. Quinones talked about steps that cities and towns can take to try to repair community bonds, most effectively on the neighborhood, school and church level. He believes that stronger law enforcement is necessary to force drug abusers into treatment, whether they want it or not.

Issues covered:

**Substance Abuse and Treatment
Community Rehabilitation
Law Enforcement
Homelessness**

Length: 5:08

Show # 2023-04

Date aired: 1/28/23 **Time Aired:** 6:30AM

Lauren Fleshman, one of the most decorated American distance runners of all time, winner of five NCAA championships at Stanford University and two national championships as a professional, author of *"Good for A Girl: A Woman Running in a Man's World"*

Girls drop out of organized sports at twice the rate of boys at age 14, and half have quit by 17. Sixty-five percent develop disordered eating habits that compromise their ease around food, sometimes irreparably. Ms. Fleshman talked about emerging research on the physiology and psychology of young athletes, and what coaches and parents should know. She outlined changes in organized sports to empower and encourage young women to join and stay.

Issues covered:

**Women's Concerns
Youth Sports**

Length: 9:21

Chris Bailey, productivity expert, author of *"How to Calm Your Mind: Finding Presence and Productivity in Anxious Times"*

Mr. Bailey shared the inspiration to write his book--a panic attack he had onstage in front of an audience of over 100. He outlined simple steps he took in the moment and in the long-term to conquer burnout, and explained how he gradually restored calm and tranquility to his life. He talked about sources of hidden stress buried within our days, often activities and people that we voluntarily subject ourselves to.

Issues covered:

**Mental Health
Personal Productivity
Career**

Length: 8:01

Tim Lohrentz, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

Issues covered:

Length: 5:10

Payday Loans

Poverty

Government Regulations

Show # 2023-05

Date aired: 2/4/23 **Time Aired:** 6:30AM

Alvin E. Roth, PhD, Craig and Susan McCaw Professor of Economics at Stanford University, Gund Professor of Economics and Business Administration Emeritus at Harvard University, author of *"Who Gets What — and Why: The New Economics of Matchmaking and Market Design"*

Dr. Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.

Issues covered:

Length: 9:17

Economics

Career

Education

Joel Kahn, MD, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC, author of *"The Whole Heart Solution"*

According to Dr. Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease and he said changes in diet and exercise can often reverse the disease.

Issues covered:

Length: 8:01

Personal Health

Paul Tough, former editor at the New York Times Magazine, nationally recognized writer on poverty, education and the achievement gap

Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.

Issues covered:

Length: 5:00

Poverty

Education

Minority Concerns

Parenting

Show # 2023-06

Date aired: 2/14/23 Time Aired: 6:30AM

Ismail Karabas, PhD, Marketing Professor at Murray State University

Tipping for food at the end of a dining experience has traditionally been the norm at full-service restaurants. Prof. Karabas shared his research into a new trend: tip requests at businesses where customers order at the counter, pay for their items before getting their food, and receive minimal-to-no service. He explained the reasons behind the change. He found that some consumers are so annoyed by the requests that they take their business elsewhere.

Issues covered:

Length: 8:58

Consumer Matters

Employment

Economy

Dan Martell, entrepreneur, productivity expert, author of *"Buy Back Your Time: Get Unstuck, Reclaim Your Freedom, and Build Your Empire"*

Mr. Martell shared his story of a traumatic childhood and arrest as a teenager, which amazingly led to an interest in software coding and entrepreneurship. He offered suggestions for entrepreneurs to value and use time more productively. He also offered advice to avoid burnout.

Issues covered:

Length: 8:18

Entrepreneurism

Personal Productivity

Career

Les Bernal, Executive Director of Stop Predatory Gambling, a national grassroots citizen's movement

Americans in dozens of states can now buy lottery tickets in a growing number of ways. Mr. Bernal talked about the increasingly aggressive ways that governments are marketing new lottery products, and how the targets are typically lower income citizens. He believes that governments have created a mindset that discourages saving and personal responsibility and promotes state-sponsored wagering.

Issues covered:

Length: 5:07

Gambling Addiction

Government Policies

Show # 2023-07

Date aired: 2/18/23 Time Aired: 6:30AM

Andrew Smith, PhD, cognitive psychologist and Assistant Professor at Iowa State University

Some studies claim that 4-6% of those in US prisons are not guilty of the crime for which they were convicted. Prof. Smith and his team of researchers developed a new procedure to capture more information from eyewitnesses during police investigations and better detect a suspect's guilt or innocence. He explained how the innovation improves the reliability of police lineups.

Issues covered:

Length: 9:12

Criminal Justice

Legal Reform

Andrew McDiarmid, Senior Fellow at the Discovery Institute, a non-profit, non-partisan organization focused on research, education, action, and cultural renewal

A recent study reported in the Journal of Experimental Psychology suggests that the act of "just thinking" can be more rewarding than we might realize. Mr. McDiarmid outlined the study's findings and explained why Americans should resist the urge to pull out their phones so frequently and spent some time just thinking, instead.

Issues covered:

Length: 8:10

Mental Health

Personal Productivity

Tom Appel, Publisher of Consumer Guide Automotive

Mr. Appel talked about the affordability of electric vehicles and how the EV marketplace has been changing, partly as a result of revised federal laws and rebates. He also explained who is the best candidate to own an EV and whether now is a wise time to buy.

Issues covered:

Length: 4:53

Electric Vehicles

Consumer Matters

Environment

Show # 2023-08

Date aired: 2/25/23 **Time Aired:** 6:30AM

Shevaun Neupert, PhD, Professor of Psychology at North Carolina State University

Prof. Neupert wrote a report that analyzed two new studies that found that young adults who utilize preemptive stress-reduction steps that focus on the future are better able to avoid negative health outcomes. She talked about the most effective proactive techniques, and where young adults should be taught how to deal with stress.

Issues covered:

Length: 9:12

Mental Health

Stress

Angie Morgan Witkowski, Leadership and Career Coach, author of "*Bet on You: How to Win with Risk*"

Ms. Witkowski outlined the most common misconceptions about risk and why people should be much more comfortable making decisions in the face of uncertainty. She talked about the reasons that fear and failure are such important components in taking risks in business, career and life.

Issues covered:

Length: 8:10

Career

Personal Productivity

Mental Health

Lindsey Parnarouskis, MS, doctoral candidate, Department of Psychology, University of Michigan

Ms. Parnarouskis was the first author of a study that examined the connection between food insecurity and the overconsumption of processed foods. She found that that women experiencing food insecurity more frequently report symptoms of food addiction, such as compulsive eating of certain types of food, unsuccessful attempts to cut down and withdrawal symptoms.

Issues covered:

Nutrition
Hunger
Women's Issues

Length: 4:53

Show # 2023-09

Date aired: 3/4/23 **Time Aired:** 6:30AM

Lauryn Williams, Certified Financial Planner, founder of Worth Winning, a company that helps young professionals organize their finances

A recent Fidelity survey found that half of Gen Zers say they don't see a point in saving money until things return to 'normal.' Ms. Williams said young people may be seeking some sort of control, in the face of runaway inflation and economic uncertainty. She said many Gen Zers are choosing to invest in themselves and their professional growth, such as starting their own businesses or furthering their education. She explained why it is critical to start early to build retirement savings.

Issues covered:

Consumer Matters
Economy
Employment

Length: 9:12

Elisa Villanueva Beard, CEO of Teach For America, a nonprofit organization dedicated to improving educational outcomes for low-income students

Ms. Villanueva Beard outlined the mission of her organization, and explained why it is so important to recruit college graduates from top universities around the United States to serve as teachers in urban and rural schools. She talked about the biggest obstacles in recruiting quality teachers and how interested students can apply to be a part of Teach For America.

Issues covered:

Education
Poverty

Length: 8:10

Matthew A. Miller, PhD, MPH, Executive Director for VA Suicide Prevention for the U.S. Department of Veterans Affairs

Dr. Miller shared VA's latest data that showed meaningful downward trends in veteran suicide counts and rates. He discussed the growing use of the Veterans Crisis Line (dial 988 then press 1) and other resources available to veterans in crisis. He also outlined the potential warning signs and what family members or friends can do to help.

Issues covered:

Veterans' Concerns
Suicide
Mental Health

Length: 4:53

Show # 2023-10

Date aired: 3/11/23 **Time Aired:** 6:30AM

Yvette M. Miller, MD, Executive Medical Officer for the American Red Cross Donor and Client Support Center, helping to lead the Red Cross' national Sickle Cell Initiative

Sickle cell disease is the most common genetic blood disorder in the US, and regular blood transfusions are critical to manage extreme pain and life-threatening complications. Dr. Miller discussed Red Cross efforts to promote diversity in the blood supply, increase donor recruitment and retention in the black community to support the transfusion needs of patients with sickle cell disease.

Issues covered:
Sickle Cell Disease
Blood Donations
Diversity

Length: 8:32

Candy Valentino, finance and wealth advisor, author of *"Wealth Habits: Six Ordinary Steps to Achieve Extraordinary Financial Freedom"*

Ms. Valentino believes that turbulent financial times are often historic opportunities to invest more in real estate and the financial markets. She outlined six steps to grow wealth. She explained why owning real estate or a small business are her favorite investment vehicles. She conducted a study that found 75% of wealthy people had one thing in common: either they or their family owned a business.

Issues covered:
Personal Finance
Entrepreneurism

Length: 8:51

Samuel West, PhD, Assistant Professor of Psychology at Virginia State University

Dr. West led an analysis of psychological crises exhibited by 177 mass shooters. He found that social isolation was the most important external indicator leading up to the attacks. He believes that social isolation is an ideal target for intervention because it can be addressed both at the individual level and the societal level.

Issues covered:
Mass Shootings
Mental Health

Length: 5:07

Disc # 2023-11

Date aired: 3/8/23 **Time Aired:** 6:30am

Pamela Gockley, Certified Bullying Prevention Specialist, Founder and Executive Director of The Camel Project, a non-profit organization focused on deconstructing the culture of bullying in America

1 in 5 students report being bullied at school. However, Ms. Gockley said the CDC believes 50 to 75% of bullying incidents are never reported. She discussed the culture of bullying in America, how to parents can protect their children from it, and how parents of bullies can recognize the behavior in their own child and address it.

Issues covered:
Bullying
Parenting
Youth at Risk

Length: 8:44

Brock L. Eide M.D., M.A., learning disabilities expert, co-author of *"The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain"*

Dyslexia has traditionally been defined as a reading and spelling disorder. But Dr. Eide said recent research has proven that these challenges are not dyslexia's main features. He explained how these

characteristics are actually trade-offs resulting from an entirely different pattern of brain organization and information processing and that it has powerful advantages.

Issues covered:

Length: 8:41

Learning Disabilities

Samuel Zahinoor Ismail, MD FRCPC, Professor of Psychiatry, Neurology, Epidemiology, and Pathology at the Hotchkiss Brain Institute and O'Brien Institute for Public Health at the University of Calgary

Dr. Ismail was the lead author of a large 10-year study that found 40 percent fewer dementia diagnoses in people who took vitamin D supplements. The study also found that those who take vitamin D are more likely to have more years of dementia-free life. In addition, he found that vitamin D had a significantly greater effect on women, than men.

Issues covered:

Length: 5:05

Alzheimer's disease

Nutrition

Aging

Show # 2023-12
Date aired: 3/25/23 **Time Aired:** 6:30AM

Juliet B. Schor, PhD, Professor of Sociology, Boston College

The four-day week is becoming more of a reality in the contemporary workplace, and Prof. Schor co-authored a landmark international study of the trend. She said the vast majority of companies that tried the shorter workweek for the study stuck with it afterwards. She talked about the benefits that result from a 32-hour workweek, both for employees and companies.

Issues covered:

Length: 8:40

Workplace Matters

Mental Health

Productivity

Deepa L. Sekhar, MD, Associate Professor of Pediatrics at the Penn State College of Medicine, Executive Director of Penn State PRO Wellness

Suicide death rates have increased significantly among adolescents in the U.S. in recent years. Dr. Sekhar said while children are typically screened for health, vision and hearing problems in school, mental health screening has not been standardized in school settings. She led a study that evaluated the effectiveness of a school-based, adolescent suicide risk screening and found that it successfully identified at-risk adolescents and increased initiation of mental health services. She explained how the screening works and the reasons some schools or parents may be reluctant to give it a chance.

Issues covered:

Length: 8:43

Youth Suicide

Mental Health Services

Parenting

John P. Thyfault, PhD, Professor of Nutrition and Exercise Physiology, Director of the Health Activity Center at the University of Missouri

Statins, the most widely prescribed type of cholesterol-lowering drugs, have prevented millions of heart attacks and saved countless lives. But Dr. Thyfault conducted a study that found that statins may

also counteract the benefits of exercise, the other tried-and-true way to boost cardiac health. He explained why doctors usually prescribe drugs, rather than recommending exercise or dietary change. He also talked about how much exercise can be effective for people dealing with high cholesterol.

Issues covered:
Personal Health

Length: 5:09

Show # 2023-13

Date aired: 4/1/23 **Time Aired:** 6:30AM

Elizabeth Wallace, co-author of *"The Ambition Decisions: What Women Know About Work, Family, and the Path to Building a Life"*

Over the last sixty years, women's roles at home and on the job have radically changed, and the question of whether they can really "have it all" is still debated. Ms. Wallace outlined three distinct paths where a woman's life and career choices may lead. She talked about the importance of the support of husbands when ambitious women move into high-level corporate positions. She offered advice for women who are facing today's complex career choices.

Issues covered:
Women's Concerns
Career
Marriage

Length: 9:22

Thomas Lickona, PhD, Developmental Psychologist, Professor of Education Emeritus at the State University of New York at Cortland, author of *"How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain"*

Dr. Lickona has led the character education movement in schools for forty years. He outlined the tools that parents need to foster peace and cooperation at home. He explained how changes in our culture have made it harder than ever to raise kind kids. He offered suggestions for parents to deal with technology and the use of media by kids.

Issues covered:
Parenting
Children's Issues

Length: 7:52

Irwin Reyes, Researcher in the Usable Security and Privacy Group at the International Computer Science Institute, a laboratory affiliated with the University of California at Berkeley

Mr. Reyes led a study that found that more than 3300 Android apps from the Google Play Store are improperly tracking kids and are potentially violating federal law. He outlined the types of data that is being collected and what is being done with it. He believes similar results are likely with iPhones, but Apple's closed system prevents a similar study of its users. He offered advice to parents who are concerned about their children's privacy.

Issues covered:
Privacy
Children's Issues
Parenting

Length: 4:56