

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 2020 Quarterly Issues and Program Report

Date aired: 01/04/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #1 Community
Events

Howard Blitz from the Freedom Library stopped by the station to join Cody Beeson to promote the upcoming scholarship opportunities offered by the Freedom Library. Twice each year the Freedom Library host classes that discuss the Constitution and Economics. These Classes are a staple that the Freedom Library is known for hosting and teaching. The classes are free to attend, however, books and materials are a nominal fee. The Constitution classes are held on Tuesday and the Economics classes are held on Thursdays. Each class offers two scholarships for education or travel, which makes for four scholarships total per semester. The only requirement for the scholarship is the student must have attended the class and write a two page paper about a topic from that class. For more information visit freedomlibrary.org

Date aired: 01/04/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Humane Society of
Yuma
Guest: Kacey Lambert

ISSUE: #7 Community
Service Organizations

Kacey Lambert, Director of Development for the Humane Society of Yuma, stopped by the station to share information on upcoming events and raise awareness of the services offered at the Humane Society of Yuma. Kacey specifically discussed the rabies clinics for dogs and cats. The Humane Society of Yuma is the organization in Yuma County that handles rabies cases and the most preventable method is to get your pets vaccinated on a regular basis. With 5500 square miles of land in Yuma County, it sometimes can be difficult to respond to the needs of such a large territory, if pet owners can be proactive then that reduces the overall number of cases countywide. Clinics and vouchers are offered for assistance if needed. For more information contact HSOYuma.com

KQSR

1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 01/11/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: AWC Judo Classes
Guest: Joe Murek

ISSUE: #3 Education

Joe Murek stopped by the station to promote the Judo class he is the instructor for at Arizona Western College. Judo is known as a "gentle way" type of martial arts and therefore anyone at any skill level can join the class. Murek, a 5th degree Black Belt (Go Dan) is a retired Marine who learned Judo while stationed in Japan from 1972 to 1975. His first exposure to Judo was during college. His true understanding of the sport as a way of life was instilled during his lessons in Japan. Murek's classes meet the requirement for Physical Fitness for the degree-seeking student but are open to the community at large. These martial art styles offer physical fitness, self-defense, build confidence, teach self-defense, instill values of respect and build character. Classes start this upcoming Tuesday, January 14th.

Date aired: 01/11/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Humane Society of Yuma
Guest: Kacey Lambert

ISSUE: #7 Community Service Organizations

Kacey Lambert, Director of Development for the Humane Society of Yuma, stopped by the station to share information on upcoming events and raise awareness of the services offered at the Humane Society of Yuma. Kacey specifically discussed the rabies clinics for dogs and cats. The Humane Society of Yuma is the organization in Yuma County that handles rabies cases and the most preventable method is to get your pets vaccinated on a regular basis. With 5500 square miles of land in Yuma County, it sometimes can be difficult to respond to the needs of such a large territory, if pet owners can be proactive then that reduces the overall number of cases countywide. Clinics and vouchers are offered for assistance if needed. For more information contact HSOYuma.com

KQSR

1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 01/18/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Territorial
Marathon
Guest: Steve Legros

ISSUE: #1 Community
Events

Steve Legros stopped by the studio to share the Yuma Territorial Marathon and Half Marathon brought to us by the Caballeros de Yuma. Registration will also be available between 4:00 PM - 8:30 PM on Friday, January 24, 2020 at the Cocopah Resort in the Conference Room. In addition, you can also register on Race Day between 6:00 AM - 7:00 AM by the main entrance of Cocopah Casino. This is a certified course with favorable elevations and weather, the course is conducive to setting your best times and provides an excellent opportunity to qualify for the Boston Marathon. The Marathon course is certified by the USATF. The course is an out and back course with minimal elevation change. Most of the race is run on the flats going downhill for about 74 feet at the start and running back up the 74 feet a couple of miles before the finish. For more information visit www.YumaMarathon.com

Date aired: 01/18/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: City of Yuma State
of the City Update
Guest: Douglas Nicholls

ISSUE: #5 Government

City of Yuma Mayor Douglas Nicholls stopped by the station to discuss the State of the City for 2020. This included the rescinding of the proclaimed local emergency proclamation from April 2019, where an overwhelming number of released migrants into the Yuma community made national news. Mayor Nicholls proclaimed a local emergency to urge for federal assistance, as more migrant family units continued to be released into a shelter system already at capacity and maxed out on resources and volunteers. The Mayor also shared his recent trip to Washington D.C. and meeting with President Donald Trump. Mayor Nicholls encourages anyone wishing to do so to contact him through the City of Yuma Website or his official Facebook page.

KQSR

1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 01/25/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 2020 Village Jazz Series
Guest: Steven Henning

ISSUE: #1 Community Events

Steven Henning joined Cody Beeson in the studio to discuss the 2020 Village Jazz Series. The free and open to the public Village Jazz Series is back in the Village Area of Yuma Palms Regional Center, 305 S Yuma Palms Pkwy, for its 14th season. Great jazz under the stars returns in a big way for 2020, in its customary inviting atmosphere that includes palm trees, water features, handy eateries, and the fabulous Yuma, Arizona evenings. All performances are on Thursday evenings from 6pm to 8pm in the Village Area of Yuma Palms Regional Center. Bring your own folding chair, relax and enjoy. The music itself, of course, will be terrific. Along with appearances by the highly regarded 'Host Band' Yuma Jazz Company, the series will feature performances by some nationally known jazz artists. Happening every Thursday evening from now through April 2020.

Date aired: 01/25/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Territorial Marathon
Guest: Steve Legros

ISSUE: #1 Community Events

Steve Legros stopped by the studio to share the Yuma Territorial Marathon and Half Marathon brought to us by the Caballeros de Yuma. Registration will also be available between 4:00 PM - 8:30 PM on Friday, January 24, 2020 at the Cocopah Resort in the Conference Room. In addition, you can also register on Race Day between 6:00 AM - 7:00 AM by the main entrance of Cocopah Casino. This is a certified course with favorable elevations and weather, the course is conducive to setting your best times and provides an excellent opportunity to qualify for the Boston Marathon. The Marathon course is certified by the USATF. The course is an out and back course with minimal elevation change. Most of the race is run on the flats going downhill for about 74 feet at the start and running back up the 74 feet a couple of miles before the finish. For more information visit www.YumaMarathon.com

KQSR

1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 02/01/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: City of Yuma State
of the City Update
Guest: Douglas Nicholls

ISSUE: #5 Government

City of Yuma Mayor Douglas Nicholls stopped by the station to discuss the State of the City for 2020. This included the rescinding of the proclaimed local emergency proclamation from April 2019, where an overwhelming number of released migrants into the Yuma community made national news. Mayor Nicholls proclaimed a local emergency to urge for federal assistance, as more migrant family units continued to be released into a shelter system already at capacity and maxed out on resources and volunteers. The Mayor also shared his recent trip to Washington D.C. and meeting with President Donald Trump. Mayor Nicholls encourages anyone wishing to do so to contact him through the City of Yuma Website or his official Facebook page.

Date aired: 02/01/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: 2020 Village Jazz
Series
Guest: Steven Henning

ISSUE: #1 Community
Events

Steven Henning joined Cody Beeson in the studio to discuss the 2020 Village Jazz Series. The free and open to the public Village Jazz Series is back in the Village Area of Yuma Palms Regional Center, 305 S Yuma Palms Pkwy, for its 14th season. Great jazz under the stars returns in a big way for 2020, in its customary inviting atmosphere that includes palm trees, water features, handy eateries, and the fabulous Yuma, Arizona evenings. All performances are on Thursday evenings from 6pm to 8pm in the Village Area of Yuma Palms Regional Center. Bring your own folding chair, relax and enjoy. The music itself, of course, will be terrific. Along with appearances by the highly regarded 'Host Band' Yuma Jazz Company, the series will feature performances by some nationally known jazz artists. Happening every Thursday evening from now through April 2020.

KQSR

1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 02/08/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Sheriff's Office
League of Volunteers
Guest: Lt. Sam Pavlak

ISSUE: #5 Government

Lt. Sam Pavlak from the Yuma County Sheriff's Office stopped by the studio to discuss the League of Volunteers. The mission of the Sheriff's Office League of Volunteers (S.O.L.V.) is to "Assist and Support" the Sheriff's Office with certain duties that promote the health and well being of Yuma County residents. The S.O.L.V. was established in September 2006 as a 501(c)(3) non-profit organization that is an umbrella for the Yuma County Sheriff's Office volunteer units. Independent Sector calculates the dollar value of a volunteer hour by state. The 2018 value for the State of Arizona is \$24.83 an hour. Based on the hourly rate for the State of Arizona, the value of the volunteer labor in 2018 was \$238,814.94. To Become a Volunteer or for more information regarding the YCSO SOLV Program, contact the SOLV Coordinator at (928) 819-2212.

Date aired: 02/08/2020
Time Aired: 6:15 AM

Length: 15 Min.

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

ISSUE: #7 Community
Service Organizations

Evita Mendez-Counts, Executive Director with Catholic Community Services was in studio to discuss their mission in Yuma. Catholic Community Services advocates for families, the elderly, adults with disabilities, and victims of crime. Survivors of domestic violence find safety in their shelter. They offer counseling, legal advocacy, case management, transportation, and other services to help those individuals take steps forward. They also offer counseling services to help children and adults who are facing other challenges. Individual and group counseling services are offered to address substance abuse, parenting issues, and other concerns. For seniors, they provide nutritious meals, both home-delivered and in a congregate setting. For those who need additional support, there is an adult day care program that provides a safe, nurturing environment.

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1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 02/15/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Sheriff's Office
League of Volunteers
Guest: Lt. Sam Pavlak

ISSUE: #5 Government

Lt. Sam Pavlak from the Yuma County Sheriff's Office stopped by the studio to discuss the League of Volunteers. The mission of the Sheriff's Office League of Volunteers (S.O.L.V.) is to "Assist and Support" the Sheriff's Office with certain duties that promote the health and well being of Yuma County residents. The S.O.L.V. was established in September 2006 as a 501(c)(3) non-profit organization that is an umbrella for the Yuma County Sheriff's Office volunteer units. Independent Sector calculates the dollar value of a volunteer hour by state. The 2018 value for the State of Arizona is \$24.83 an hour. Based on the hourly rate for the State of Arizona, the value of the volunteer labor in 2018 was \$238,814.94. To Become a Volunteer or for more information regarding the YCSO SOLV Program, contact the SOLV Coordinator at (928) 819-2212.

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1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 02/22/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Saddles of Joy
Inc.
Guest: Joan Duquette

Issue: #7 Community
Service Organizations

Joan Duquette, President of Saddles of Joy, Inc. was in studio to discuss their program. Saddles of Joy Inc. is a non-profit providing an equine therapeutic riding program that serves special needs children, their families and the community. The mission of Saddles of Joy is to provide all those who come to them with a healthy learning environment that contributes to healing the body, mind, and spirit. Saddles of Joy started in 1985 as an idea between a mother and a special education teacher and two horses. In the beginning, the horses were trailered to Wellton, Arizona where the horses and special needs children were brought together with wondrous results. To date, more than 1800 special needs children have had the experience of horseback riding, either as part of a classroom experience through their school or individually through personal appointments. For more info visit their Facebook page.

Date aired: 02/22/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Region
Bicycle Coalition
Guest: Gene Dolby

Issue: #1 Community
Events

Gene Dolby stopped by the station to discuss the past and future bicycle events in Yuma. The Yuma Region Bicycle Coalition's vision is to have safe and viable bicycling across our diverse community. Everyone is invited to come join them and your fellow cyclists on March 7th for a great ride starting from the Yuma Territorial Prison State Historic Park and touring various farm and agricultural operations in and around Yuma County. There will be three routes available: #1 60 miles from the Territorial Prison to San Luis and back starting at 7:00 am. Route #2 is 25 miles and is a portion of the 60 miles ride starting at 8:00 am. The last route is #3 which will be 15 miles along the Yuma bike trail starting at 9:00 am. There will be 4 full support SAG stops along the routes. On-site registration opens at 6am. Feel free to register early at www.swsportsreg.com.

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1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 02/29/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Saddles of Joy
Inc.
Guest: Joan Duquette

Issue: #7 Community
Service Organizations

Joan Duquette, President of Saddles of Joy, Inc. was in studio to discuss their program. Saddles of Joy Inc. is a non-profit providing an equine therapeutic riding program that serves special needs children, their families and the community. The mission of Saddles of Joy is to provide all those who come to them with a healthy learning environment that contributes to healing the body, mind, and spirit. Saddles of Joy started in 1985 as an idea between a mother and a special education teacher and two horses. In the beginning, the horses were trailered to Wellton, Arizona where the horses and special needs children were brought together with wondrous results. To date, more than 1800 special needs children have had the experience of horseback riding, either as part of a classroom experience through their school or individually through personal appointments. For more info visit their Facebook page.

Date aired: 02/29/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Region
Bicycle Coalition
Guest: Gene Dolby

Issue: #1 Community
Events

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1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 03/07/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Midnight at the Oasis
Guest: David Carvell

Issue: #1 Community Events

David Carvell was in studio to discuss Midnight at the Oasis car show presented by Caballeros de Yuma. Midnight at the Oasis, also known as MATO is one of the West's premier classic car and nostalgia festivals. Midnight at the Oasis features 3-days of music, family fun and over 1,000 of the coolest cars from 1972 and older on display at the former Spring Training Complex on the San Diego Padres. This year features eight live performances over the weekend in addition to the classic cars and local food vendors staffed by local non-profit organizations from the Yuma community. This is one of the largest fundraising events for the Caballeros de Yuma as well as the non-profit organizations. Tickets are affordable for as little as \$5 for the day or \$20 for the whole weekend. For more information visit www.MidnightAtTheOasis.net.

Date aired: 03/07/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Animal Protection and Reporting
Guest: Susan Osuna and Diane Hillegass

Issue: #7 Community Service Organizations

Susan Osuna and Diane Hillegass stopped by the station to share and to discuss the non-profit group, Yuma Animal Protection and Reporting also known as YAPAR. Yuma Animal Protection and Reporting is an Arizona Non-Profit 501c3 Corporation and their mission is to use all donations and income to assist and coordinate with authorities and other agencies, educate the public, and advocate for, locate, protect, rescue, foster and find sanctuary or homes for all lost or stolen animals, domestic, farm, feral, wild, or any other classification. They also work to provide a safe place with appropriate care until the proper authority, owner, or a suitable rescue, sanctuary, or other permanent placement can be made for any animal in need in Yuma County. For more information visit their website at yapar.weebly.com.

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1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 03/14/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma Animal
Protection and Reporting
Guest: Susan Osuna and Diane Hillegass

Issue: #7 Community
Service Organizations

Susan Osuna and Diane Hillegass stopped by the station to share and to discuss the non-profit group, Yuma Animal Protection and Reporting also known as YAPAR. Yuma Animal Protection and Reporting is an Arizona Non-Profit 501c3 Corporation and their mission is to use all donations and income to assist and coordinate with authorities and other agencies, educate the public, and advocate for, locate, protect, rescue, foster and find sanctuary or homes for all lost or stolen animals, domestic, farm, feral, wild, or any other classification. They also work to provide a safe place with appropriate care until the proper authority, owner, or a suitable rescue, sanctuary, or other permanent placement can be made for any animal in need in Yuma County. For more information visit their website at yapar.weebly.com.

Date aired: 03/14/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County Health
Department COVID 19 Update
Guest: Diana Gomez

Issue: #5 Government

Diana Gomez, Director for the Yuma County Health Department was in studio to discuss the latest developments in the COVID 19 pandemic and how it is impacting the local Yuma community. At the time of recording and airing there were no positive cases in Yuma County. The message is simple and effective. The first thing Diana asked the public to do is wash your hands often and thoroughly. In addition to hand washing, she asked for the public to stay calm to not to over react, meaning leave essential services and supplies available for those that need them most. She also stressed the importance of staying home if you are feeling any of the symptoms and to reach out to your primary care physician and not to overload the emergency medical services and hospital at this critical time. For the latest updates on the situation, information can be obtained regularly from the Yuma County website or social media accounts.

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1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 03/21/2020
Time Aired: 6:00 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Freedom Library
Guest: Howard Blitz

Issue: #1 Community
Events

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

Date aired: 03/21/2020
Time Aired: 6:15 AM

Length: 15 Min.

TOPIC OF THIS SHOW: Yuma County Health
Department COVID 19 Update
Guest: Diana Gomez

Issue: #5 Government

Diana Gomez, Director for the Yuma County Health Department was in studio to discuss the latest developments in the COVID 19 pandemic and how it is impacting the local Yuma community. At the time of recording and airing there we no positive cases in Yuma County. The message is simple and effective. The first thing Diana asked the public to do is wash your hands often and thoroughly. In addition to hand washing, she asked for the public to stay calm to not to over react, meaning leave essential services and supplies available for those that need them most. She also stressed the importance of staying home if you are feeling any if the symptoms and to reach out to you primary care physician and not to overload the emergency medical services and hospital at this critical time. For the latest updates on the situation, information can be obtained regularly from the Yuma County website or social media accounts.

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1st Qtr 2020 Quarterly Issues and Program Report

Date aired: 03/28/2020
Time Aired: 6:00 AM

Length: 15 Min.

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

Issue: #7 Community
Service Organizations

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

Date aired: 03/28/2020
Time Aired: 6:15 AM

Length: 15 Min.

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

Issue: #7 Community
Service Organizations

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



Weekly Public Affairs Program

Call Letters: KQSR-FM

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2020

Show # 2020-01

Date aired: 1/4/20 Time Aired: 6:30AM

Michelle Mazurek, PhD, Assistant Professor, Computer Science, University of Maryland College Park

Nearly everyone today struggles with a myriad of passwords for their online activities. Professor Mazurek was involved in research at Carnegie Mellon University that found that long passphrases are more effective and easier to remember than an incomprehensible string of letters, numbers and special characters.

Issues covered:

**Online Security
Crime
Consumer Matters**

Length: 8:52

Chris Voss, former FBI's lead international kidnapping negotiator, founder and principal of The Black Swan Group, author of "*Never Split the Difference: Negotiating As If Your Life Depended On It*"

Mr. Voss discussed the skills that helped him and his colleagues succeed where it mattered most: saving lives. He explained how of those same negotiating tactics and principles are critical in everyday life, in areas such as buying a car, negotiating a salary, buying a home, or parenting.

Issues covered:

**Career
Parenting**

Length: 8:25

Christine Fahlund, Senior Financial Planner and Vice President of Investment Services at T. Rowe Price Investment Services

Ms. Fahlund discussed the effect that today's economy has on retirement planning. She believes that many Baby Boomers have been naive when it comes to planning for retirement. She also explained why some employers are becoming more proactive in helping their workers save for their senior years.

Issues covered:

**Personal Finance
Retirement Planning
Senior Citizens**

Length: 5:04

Show # 2020-02

Date aired: 1/11/20 Time Aired: 6:30AM

Jordan W. Smoller, PhD, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health

Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.

Issues covered:

Length: 8:41

**Mental Health
Physical Fitness**

Wendy Wood, PhD, Provost Professor of Psychology and Business at the University of Southern California, author of "*Good Habits, Bad Habits: The Science of Making Positive Changes That Stick*"

This is about the time in the calendar that New Year's resolutions fail. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.

Issues covered:

Length: 8:35

**Personal Growth
Addictions**

Sherry Pagoto, PhD, Professor in the Department of Allied Health Sciences, Director of the University of Connecticut Center for mHealth and Social Media

Prof. Pagoto led a study that found that 78 percent of major fitness chains offer tanning beds to their customers. She said that while the public health community has been trying to communicate the message to the public that tanning beds are not safe or healthy, gyms are essentially putting a 'health halo' on them because people associate gyms with health. She explained why tanning beds create serious risks for the development of skin cancer.

Issues covered:

Length: 4:51

**Personal Health
Consumer Matters
Government Regulations**

Show # 2020-03

Date aired: 1/12/20 Time Aired: 6:30AM

Erica Reischer, PhD, psychologist, parent educator, author of "*What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive*"

Children don't come with an owner's manual, but many parents wish they did. Dr. Reischer offered simple, action-oriented steps anyone can take to improve their parenting skills. She discussed the importance of empathy, how to distinguish between goals and methods, and why it's helpful for parents to view their kids as little explorers and scientists.

Issues covered:

Length: 7:51

Parenting

Andrew Scott, Professor of Economics at the London Business School, Fellow at All Souls College, Oxford University and the Centre for Economic Policy Research, co-author of "*The 100-Year Life: Living and Working in an Age of Longevity*"

Many Americans have been raised on the traditional notion of a three-stage approach to life: education, followed by work and then retirement. However, Prof. Scott said this well-established pathway is already beginning to collapse: life expectancy is rising, pensions are vanishing, and increasing numbers of people are juggling multiple careers. He offered suggestions for how to better plan for a productive, longer life and retirement in today's rapidly-evolving economy.

Issues covered:
Retirement Planning
Senior Citizens

Length: 9:23

Brian Fligor, Chief Audiology Officer at Lantos Technologies, Inc., former Director of Diagnostic Audiology and Children's Hospital in Boston

An estimated 2 million students in the US play in middle- and high-school marching bands. Dr. Fligor believes that parents should be concerned protecting their kids' hearing when they are exposed to loud sounds for long periods. He talked about the warning signs of hearing damage and explained the ways to prevent it.

Issues covered:
Hearing Loss
Health Issues
Parenting Concerns
Senior Citizens

Length: 4:58

Show # 2020-04
Date aired: 1/25/20 **Time Aired:** 6:30AM

Donna Thomson, author of "*The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver*"

It's estimated that 45 million Americans are currently providing unpaid care for a loved one. Ms. Thomson shared her own story as a longtime caregiver, and talked about the unexpected rewards and challenges that caregivers often find. She also explained why being part of a community of caregivers is vital to navigate the unpredictable terrain of care.

Issues covered:
Caregiving
Mental Health

Length: 9:20

Molly Carmel, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of "*Breaking Up with Sugar*."

Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.

Issues covered:
Nutrition
Addiction
Consumer Matters

Length: 7:48

Greg Masson, Chief of the Branch of Environmental Contaminants at the U.S. Fish & Wildlife Service

Prescription drugs are now being detected in many US rivers, lakes and streams. Mr. Masson expressed concern about the disposal of prescription medications and their impact on wildlife and the environment. He explained how these products affect the health of animals and fish. He also outlined guidelines issued by his agency on how to properly dispose of unused drugs.

Issues covered:
Environment
Personal Health

Length: 4:53

Show # 2020-05
Date aired: 2/1/20 Time Aired: 6:30AM

Rachel Alinsky, MD., MPH, Pediatrician and Adolescent Medicine Fellow at the Johns Hopkins Children's Center

Dr. Alinsky led a recent study that found that less than a third of adolescents and young adults who experienced a nonfatal opioid overdose received appropriate follow-up addiction treatment to reduce the risk of a second overdose. She said youth are at a very high risk of another overdose in the first few months after the first one.

Issues covered:
Drug Addiction
Public Health

Length: 9:20

Monique Morrissey, Economist, Economic Policy Institute

Ms. Morrissey's organization is highly critical of the nation's policies for funding retirement. She led a study that found that only about 54% of Americans are saving for retirement. She explained why she believes that the shift from traditional pensions to 401(k)s has increased retirement inequality for U.S. families, based on their income, race, ethnicity, education, and marital status.

Issues covered:
Retirement Planning
Minority Concerns
Government Policies

Length: 7:48

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: 5:05

Show # 2020-06
Date aired: 2/8/20 Time Aired: 6:30am

Anthony O'Neal, author of "*Debt-Free Degree: The Step-by-Step Guide to Getting Your Kid Through College Without Student Loans*"

Mr. O'Neal discussed the huge negative impact that student debt has on today's college graduates. He outlined three main ways to graduate debt free: saving money, finding money via grants and scholarships, and working for money. He recommended that students apply for lesser-known small-dollar scholarships, before going after the large ones.

Issues covered:

Length: 9:02

Education
Personal Finance

Ada Calhoun, author of "*Why We Can't Sleep: Women's New Midlife Crisis*"

Ms. Calhoun talked about the new midlife crisis facing Gen X women, and how they arrived there. She said most women in their 40s and early 50s are exhausted, terrified about money, under-employed, and overwhelmed. She believes that instead of being heard, they have been told to lean in, take "me-time," or make a chore chart to get their lives and homes in order. She talked about some of the possible societal changes that may address the problem.

Issues covered:

Length: 8:03

Women's Issues
Mental Health
Gen X Concerns

Michael Englesbe, MD, FACS, Cyrenus G. Darling Sr., MD and Cyrenus G. Darling Jr., MD Professor of Surgery at the University of Michigan in the Section of Transplantation Surgery

Dr. Englesbe led a study that examined inexpensive ways for surgery patients to get physically and mentally ready for their upcoming operation. He said the program may help reduce overall costs and get patients home faster. He said "prehabilitation," uses the weeks before surgery to encourage patients to move more, eat healthier, cut back on tobacco, breathe deeper, reduce their stress and focus on their post-operative goals.

Issues covered:

Length: 5:07

Personal Health
Healthcare Costs

Show # 2020-07
Date aired: 2/15/20 Time Aired: 6:30am

Anna S. Mueller, PhD, Sociologist and Assistant Professor in Comparative Human Development, Research Associate at the Population Research Center at the University of Chicago

Teen suicide clusters are a recent discovery, and little is understood about their causes and how to prevent them. Prof. Mueller studied the phenomenon in a small town. She found that intense pressure to succeed academically and athletically, plus the ease with which private information became public, due to social connectedness, left teens and their parents unwilling to seek help for mental health problems. She said suicide prevention strategies need to be tailored to fit the unique dynamics of individual communities.

Issues covered:

**Teen Suicide
Mental Health
Parenting**

Length: 7:57

Shola Richards, author of "*Making Work Work: The Positivity Solution for Any Work Environment*"

A surprising number of Americans have experienced bullying on the job. Mr. Richards discussed the reasons that some people become bullies, and offered suggestions for how to deal with bullying in an effective and positive way. He said documenting dates, times and details of incivility are crucial, and that approaching the HR department with an issue is the best place to start.

Issues covered:

**Bullying
Workplace Matters**

Length: 9:21

Rodger Alan Friedman, chartered retirement planning counselor and financial advisor with more than 30 years' experience, author of "*Fire Your Retirement Planner: You! Concise Advice on How to Join the \$100,000 Retirement Club*"

More than half of all Americans are not confident or just slightly confident when it comes to making the right retirement investment decisions. Mr. Friedman believes retirement planning is not a do-it-yourself exercise, but that professional help is vital. He explained how to find a competent financial advisor. it.

Issues covered:

**Retirement Planning
Senior Citizens**

Length: 5:04

Show # 2020-08

Date aired: 2/22/20 Time Aired: 6:30am

Jillian Peterson, PhD, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the "how" and "why" of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:

**Mass Shootings
Criminal Justice
Mental Health**

Length: 9:02

Peter H. Diamandis, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of *"The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives"*

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:

Length: 8:03

**Consumer Matters
Technology**

Atara Twersky, attorney, author of the *Curlee Girllee* book series

Amid today's pressures of the #MeToo movement, gender discrimination and the peer pressures of social media, Ms. Twersky explained why it is crucial for parents to encourage young girls to celebrate their differences and lift each other up. She offered suggestions to empower young girls and to teach them that it's okay to be different.

Issues covered:

Length: 5:07

**Women's Issues
Children's Issues**

Show # 2020-09
Date aired: 2/29/20 **Time Aired:** 6:30AM

Sameer Hinduja, Ph.D., Professor in the School of Criminology and Criminal Justice within Florida Atlantic University's College for Design and Social Inquiry, Co-Director of the Cyberbullying Research Center

Teenagers in dating relationships today are constantly in touch via texting, social media and video chat. Prof. Hinduja led a study that examined "digital dating abuse," in which technology is used to repetitively harass, control or threaten a romantic partner. He found that more than 28% of teens who had been in a romantic relationship at some point in the previous year said they had been the victim of at least one form of digital dating abuse, and surprisingly, boys were more likely to experience it than girls.

Issues covered:

Length: 8:37

**Dating Violence and Abuse
Teenager Concerns
Technology**

Michael J. Tewes, PhD, Associate Professor of Hospitality Management at Penn State University

Prof. Tewes led a study that analyzed how a job candidate's social media posts affect decisions made by hiring managers. He said that 70% of employers reported looking at social media sites to help them evaluate potential employees, and 60% eliminated candidates on the basis of negative content. He found that posts that indicated self-absorption were the most damaging to a job hunter's prospects.

Issues covered:

Length: 8:40

**Employment
Career**

Greg Keoleian, Director of the Center for Sustainable Systems at the University of Michigan School for Environment and Sustainability

Environmentally-conscious consumers have probably heard that today's highly efficient dishwashers use less energy and water than traditional hand-washing techniques. However, Prof. Keoleian led a study that found that one manual washing technique--the two-basin method, in which dishes are soaked and scrubbed in hot water and then rinsed in cold water--that is associated with fewer greenhouse gas emissions than machine dishwashing. He offered numerous energy-saving tips related to the task of washing dishes.

Issues covered:

**Environment
Energy
Consumer Matters**

Length: 5:03

Show # 2020-10

Date aired: 3/7/20 Time Aired: 6:30am

Kelly McGonigal, PhD, health psychologist, lecturer at Stanford University, author of "*The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, And Courage*"

People who are regularly active have a stronger sense of purpose, and they experience more gratitude, love, and hope. Dr. McGonigal shared stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more. She said a gym workout or other intense exercise isn't necessary—it's just important to find an activity that is enjoyable.

Issues covered:

**Mental Health
Physical Fitness
Aging**

Length: 7:54

Mark McConville, PhD, family clinical psychologist in private practice in Cleveland, author of "*Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It*"

A recent study shows that a third of today's 25 to 29 year-olds live with their parents—three times as many as in 1970. Dr. McConville said that many are struggling with three critical skills that are necessary to make the transition from childhood to adulthood: finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. He explained why things have changed for this generation, and how parents can help.

Issues covered:

Parenting

Length: 9:22

Souvik Sen, MD, MS, MPH, Chair of Neurology at Palmetto Health-USC Medical Group, Professor of Neurology at the University of South Carolina School of Medicine

Dr. Sen led a study that found that gum disease may be linked to higher rates of stroke caused by hardened and severely blocked arteries. He discussed the connection between gum disease and blood inflammation. He found that patients with gum disease had twice as many strokes and were twice as likely to have moderately severe narrowing of brain arteries.

Issues covered:
Stroke Prevention
Personal Health

Length: 4:56

Show # 2020-11

3/14/20

Date aired: 3/14/20 Time Aired: 6:30AM

Dan Heath, Senior Fellow at the Center for the Advancement of Social Entrepreneurship at Duke University, author of *"Upstream: The Quest to Solve Problems Before They Happen"*

Mr. Heath said far too many people stay "downstream," handling one problem after another, but they never make their way "upstream" to fix the systems that caused the problems. He cited several examples to illustrate why he believes that many crimes, chronic illnesses and customer complaints are often preventable.

Issues covered:
Workplace Matters
Education
Government

Length: 9:35

Hessam Sadatsafavi, PhD, Data Action Team Leader in the Department of Emergency Medicine at the University of Virginia Health System

Dr. Sadatsafavi led a recent study that found that properly designed and maintained outdoor green space has the potential to reduce violent crime and gun violence. He discussed the possible reasons that a community garden or small community park may keep people safe, decrease crime and promote better quality of life. He said the green space improvements are fairly inexpensive, particularly when done in the large scale of a major city.

Issues covered:
Crime
City Planning
Environment

Length: 7:39

Nancy Lan Guo, PhD, Associate Professor of Community Medicine and Cancer Center at West Virginia University, Program Assistant Director of West Virginia Clinical and Translational Science Institute for Biomedical Informatics

Dr. Gou led a study that found that microscopic toner nanoparticles that waft from laser printers may change our genetic and metabolic profiles in ways that make disease more likely. She said the primary concerns are for workers who work near printers that are in frequent use, those who are pregnant, and those who work in print shops. She said the study discovered dramatic genetic changes linked to cardiovascular, neurological and metabolic disorders.

Issues covered:
Personal Health
Workplace Matters

Length: 4:55

Show # 2020-12
Date aired: 3/21/20 Time Aired: 6:30AM

Susan Tillery, CPA/PFS, Chair of the American Institute of CPA's Personal Financial Planning Executive Committee

A recent survey from the American Institute of CPAs found that, for older Americans, falling victim to fraud is more devastating emotionally than financially. Ms. Tillery discussed the most common forms of fraud targeting the elderly, and how friends and family members can help to protect them.

Issues covered:

Length: 9:27

Crime
Elder Abuse
Retirement Planning
Aging

Kasey Wallis, personal coach, co-author of "*Who You Are Being*"

A recent poll found that 22 percent of Americans feel angry a lot, up from 17 percent the previous year. Ms. Wallis talked about the reasons behind this trend, and why different people react differently to anger. She outlined several ways to diffuse the problem, including focused breathing. She also discussed ways that parents can teach their children how to deal with anger in a healthy way.

Issues covered:

Length: 7:48

Mental Health
Media
Parenting

Justin D. Kreuter, MD, Instructor of Laboratory Medicine and Pathology, Transfusion Medicine Specialist with the Mayo Clinic Blood Donor Center

With recommendations to stay home during the COVID-19 pandemic, the U.S. now has a critical blood shortage. Dr. Keuter said nearly half of US blood collectors are reporting that they only have a two-day supply or less of blood products. He outlined the reasons that collections have plummeted and explained why potential donors should not be fearful to go to donation centers.

Issues covered:

Length: 5:09

Blood Donation
Coronavirus

Show # 2020-13
Date aired: 3/28/20 Time Aired: 6:30AM

Dani Babb, PhD, MBA, online education expert, founder and CEO of the Babb Group, which specializes in curriculum development and faculty training and services

Ms. Babb discussed what is working well for schools, what is not working, and how education delivery will be forever changed by Covid-19. She talked about the specific technical issues and other unexpected changes facing many schools that have scrambled to move classes online. She said the graduating class of 2020 will likely end up having "virtual" graduation ceremonies.

Issues covered:

Length: 9:18

**Education
Coronavirus
Technology**

Gail Heyman, PhD, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

Issues covered:

Length: 7:48

**Racial Bias
Diversity
Parenting**

Beth K. Rush, PhD, Neuropsychologist from the Dept. of Psychiatry and Psychology at the Mayo Clinic

Stay at home orders and non-stop news coverage about the Coronavirus pandemic is creating worry and anxiety for people across the globe. Dr. Rush suggested ways to cope with the crisis. She said it is important to establish daily routines. She also said limiting exposure to the constant media reports and Facebook comments can also help.

Issues covered:

Length: 4:56

**Mental Health
Coronavirus
Media**