

KKFG  
Farmington, NM  
Quarterly Issues/Programs List  
Fourth Quarter, 2016  
12/30/2016

KKFG  
Quarterly Issues/Programs List

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KKFG provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

- **Alzheimer's Disease:** Four Corners Focus this week centered on the disease know as Alzheimer (tm)s. Suzanne Blevins from the Farmington office of the Alzheimer (tm)s Association of New Mexico gave us great insight into the disease. We spoke about the causes and effects on the human brain, it (tm)s history, and what you can do if a relative or friend is stricken with Alzheimer (tm)s, and we also talked about classes that are offered to help caretakers in the area.
- **Child Healthcare:** The IGW Pediatric Cancer Foundation is an advocate for children with cancer in our area. Our guest, Robin Brooks spoke about the advancements in cancer treatment for children and discussed care and support for both patients and caregivers. We also talked about an upcoming night of fundraising to benefit the foundation in their efforts of providing care. Local music artist Sheldon Pickering and Friends will host An Evening Of Giving on Friday December 16th at the Farmington Civic Center. The community was invited to attend.
- **Child Services/Mentoring/Education:** Big Brothers/Big Sisters helps at-risk youth in the community by matching them with a screened and matched adult, or Big , to provide mentorship and guidance. Neilson Francisco and Danielle Todacheenee of Big Brothers/Big Sisters discussed the many programs offered at the club, and an event they sponsor each year, the Discovery Festival. During the festival children are invited to investigate a world of new ideas through hands-on displays designed to get their minds working. The two day event is open and free to all children and families.
- **Children's Education/Recreation:** Natalie Spruell of the Sycamore Park Community Center was our guest this week to discuss the many great children (tm)s activities and services they provide. From dodge ball to after-school and out of school programs for kids, to special events like the Daddy/Daughter Ball & Family Camp-Out Night, the Sycamore Park Community Center makes a strong presence in our area among our kids. Natalie spoke of updates on holiday programs, and specific times the center would be open for children during their Christmas break.
- **Children's Services:** Each year, Rio Del Sol Kiwanis holds both ~Coats for Kids (tm) and ~Clothes for Kids (tm) drives for youth in crisis in our community. Participation is simple- donate a new or gently used,

boys or girls coat. The coats are then dry cleaned and distributed to the children. Along with the basic need of having something warm to wear, it lifts the child (tm)s spirit. The Clothes for Kids fundraiser is a program where children are given \$100 to shop for new clothes. An adult supervises and makes suggestions, but the choices are made by the kids. This program is funded by monies taken in throughout the year.

- **Community Aid and Service:** Lt. Bill Simon of the Salvation Army was our guest to discuss the assistance offered by the local Salvation Army. From meals, to clothing, to household supplies and more, the Salvation Army assists thousands of those less fortunate in our area. Also discussed was the annual T (tm)s For Turkeys event, in which our five local iHeartRadio stations ask listeners for cash and frozen turkey donations. In return, donors receive a specially designed T (tm)s For Turkeys t-shirt as a gesture of our thanks. All donations are used to for the free community wide Thanksgiving Dinner, provided by the Salvation Army. Turkeys are also used in holiday food baskets that are delivered to less fortunate families at Christmas.
- **Domestic Violence:** Family Crisis Center is a long time community partner providing counseling and services related to domestic violence in our county. Statistics show that 1 in 7 women in San Juan County are victims. FCC supports a full time shelter for women and children, and strives to include advice and instruction including help filing Orders of Protection. FCC also recognizes that 1 in 3 men are victims of domestic violence, and are concerned for their welfare, too. We invited the audience to attend, Boots and Bling Swing to fund Family Crisis Center programs.
- **Health Services/Volunteerism:** Kristan Velarde, donor recruiter from United Blood Services was our guest this week. The discussion centered around blood donations and their importance in our community. Kristan made a plea for new donors as the need for blood donations is great, especially around the holidays, and the new rules regarding who is and who is not allowed to donate blood. Discussed upcoming blood drives at area high schools and businesses, and what happens to your blood once you donate it.
- **Medical Services/Community Event:** Joyce Mills, coordinator of Festival of Trees was our guest this week to discuss the annual Presbyterian Medical Services Festival Of Trees, a week of events geared around the holiday trees. There is Teddy Bear Story Time, Coffee with the Trees, and a day set aside for seniors. Attendees are encouraged to purchase raffle tickets for .50 cents, and drop them in the bucket in front of the decorated tree or trees they (tm)d like to win. Trees are decorated, and come with gifts as part of the package! All monies received go to programs at PMS which help keep healthcare affordable and available in the community.
- **Recreation/Fitness:** Ryan Reecosa, Recreation Sports Supervisor at the Farmington Recreation Department was our guest this week. Discussion centered on the many fitness programs offered for the young and old at the Farmington Recreation Center and the upcoming Reindeer Romp and Elf Stomp, a community 5K run and 2K walk. Ryan discussed the many ways community members can stay fit, how they can join the many sports leagues offered by the recreation department and ways to make new

friendships at the center.

- **Special Olympics:** Jenny Dennis, Farmington Police Department Community Service Officer was our guest to discuss The Polar Plunge, an event where community members solicit donations and then to jump into the frigid waters of Farmington Lake in January. Participants can also stay in the Chicken Coop if they (tm)re afraid of entering the chilly waters. All monies raised from this event go to the Law Enforcement Torch Run and Special Olympics New Mexico, to provide activities and Special Olympic events here in Farmington, and around the state.
- **Tourism/Education/Economic Development:** How well do we know our community and what is the best way to excite people about all the activities and things to explore right here in Farmington? Tonya Stinson. Director of the Farmington Convention and Visitors Bureau was our guest to discuss classes held for those who work closely with the public. Students learn the best ways to sell the region using new ideas and tactics to steer visitors and residents alike to find the many things offered in the Farmington and Four Corners Region.
- **Women's Health Issues:** Our guest this week was Nellie Sandoval, a 23 year breast cancer survivor. Nellie is an activist, educator and leader of a cancer support group at San Juan Regional Medical Center. She was recently nominated as one of six for this year (tm)s Conquer-Magazine.com Hero of Hope Patient Award. She spoke about the importance of early screenings, teaching self examination, and support available to comfort those who receive a cancer diagnosis. Most importantly teaching that cancer is no longer a death sentence.

**Section I  
LOCAL PROGRAMMING**

Section I lists regularly-scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Child Services/Mentoring/Education	Four Corners Focus/Big Brothers-Big Sisters Discovery Festival	Big Brothers/Big Sisters helps at-risk youth in the community by matching them with a screened and matched adult, or Big , to provide mentorship and guidance.	Neilson Francisco/Daniel le Todacheenee	10/02/2016 07:01 AM	030:20

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>Neilson  Francisco and  Danielle  Todacheenee of  Big  Brothers/Big  Sisters  discussed the  many programs  offered at the  club, and an  event they  sponsor each  year, the  Discovery  Festival. During  the festival  children are  invited to  investigate a  world of new  ideas through  hands-on  displays  designed to get  their minds  working. The  two day event is  open and free to  all children and  families.</p>			
<p>Tourism/Education/Economic Development</p>	<p>Four Corners  Focus/Farmington Convention &amp;  Visitors Bureau</p>	<p>How well do  we know our  community and  what is the best  way to excite  people about all  the activities  and things to  explore right  here in  Farmington?  Tonya Stinson.  Director of the  Farmington  Convention and  Visitors Bureau  was our guest to  discuss classes  held for those  who work</p>	<p>Tonya Stinson</p>	<p>10/09/2016  06:58 AM</p>	<p>030:25</p>

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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closely with the public. Students learn the best ways to sell the region using new ideas and tactics to steer visitors and residents alike to find the many things offered in the Farmington and Four Corners Region.

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Children's Services	Four Corners Focus/Coats-Clothes For Kids	<p>Each year, Rio Del Sol Kiwanis holds both ~Coats for Kids (tm) and ~Clothes for Kids (tm) drives for youth in crisis in our community. Participation is simple- donate a new or gently used, boys or girls coat. The coats are then dry cleaned and distributed to the children. Along with the basic need of having something warm to wear, it lifts the child (tm)s spirit. The Clothes for Kids fundraiser is a program where children are given \$100 to shop for new clothes. An adult supervises and makes suggestions, but</p>	Brian Turner	10/16/2016 06:58 AM	028:54
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>the choices are made by the kids. This program is funded by monies taken in throughout the year.</p>			
Women's Health Issues	<p>Four Corners Focus/Breast Cancer Awareness</p>	<p>Our guest this week was Nellie Sandoval, a 23 year breast cancer survivor. Nellie is an activist, educator and leader of a cancer support group at San Juan Regional Medical Center. She was recently nominated as one of six for this year (tm) Conquer-Magazine.com Hero of Hope Patient Award. She spoke about the importance of early screenings, teaching self examination, and support available to comfort those who receive a cancer diagnosis. Most importantly teaching that cancer is no longer a death sentence.</p>	Nellie Sandoval	<p>10/23/2016 06:58 AM</p>	029:37
Domestic Violence	<p>Four Corners Focus/Family</p>	<p>Family Crisis Center is a long</p>	Brad Duncan	<p>10/30/2016 07:02 AM</p>	029:54

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
	Crisis Center	<p>time community partner providing counseling and services related to domestic violence in our county. Statistics show that 1 in 7 women in San Juan County are victims. FCC supports a full time shelter for women and children, and strives to include advice and instruction including help filing Orders of Protection. FCC also recognizes that 1 in 3 men are victims of domestic violence, and are concerned for their welfare, too. We invited the audience to attend, Boots and Bling Swing to fund Family Crisis Center programs.</p>			
Community Aid and Service	Four Corners Focus/Salvation Army	<p>Lt. Bill Simon of the Salvation Army was our guest to discuss the assistance offered by the local Salvation Army. From meals, to clothing, to household</p>	Lt. Bill Simon	11/06/2016 07:01 AM	029:39

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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supplies and more, the Salvation Army assists thousands of those less fortunate in our area. Also discussed was the annual Thanksgiving For Turkeys event, in which our five local iHeartRadio stations ask listeners for cash and frozen turkey donations. In return, donors receive a specially designed Thanksgiving For Turkeys t-shirt as a gesture of our thanks. All donations are used to for the free community wide Thanksgiving Dinner, provided by the Salvation Army. Turkeys are also used in holiday food baskets that are delivered to less fortunate families at Christmas.

Health Services/Volunteerism

Four Corners Focus/United Blood Services

Kristan Velarde, donor recruiter from United Blood Services was our guest this week. The

Kristan Velarde

11/13/2016  
07:00 AM

030:16

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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discussion centered around blood donations and their importance in our community. Kristan made a plea for new donors as the need for blood donations is great, especially around the holidays, and the new rules regarding who is and who is not allowed to donate blood. Discussed upcoming blood drives at area high schools and businesses, and what happens to your blood once you donate it.

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Medical Services/Community Event	Four Corners Focus/Festival of Trees	Joyce Mills, coordinator of Festival of Trees was our guest this week to discuss the annual Presbyterian Medical Services Festival Of Trees, a week of events geared around the holiday trees. There is Teddy Bear Story Time, Coffee with the Trees, and a day set aside for seniors. Attendees are	Joyce Mills	11/20/2016 07:00 AM	030:00
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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encouraged to purchase raffle tickets for .50 cents, and drop them in the bucket in front of the decorated tree or trees they (tm)d like to win. Trees are decorated, and come with gifts as part of the package! All monies received go to programs at PMS which help keep healthcare affordable and available in the community.

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		<p>Ryan Reecosa, Recreation Sports Supervisor at the Farmington Recreation Department was our guest this week. Discussion centered on the many fitness programs offered for the young and old at the Farmington Recreation Center and the upcoming Reindeer Romp and Elf Stomp, a community 5K run and 2K walk. Ryan discussed the many ways community</p>			
Recreation/Fitness	Four Corners Focus/Reindeer Romp and Elf Stomp		Ryan Reecosa	11/27/2016 07:00 AM	029:30

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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>members can stay fit, how they can join the many sports leagues offered by the recreation department and ways to make new friendships at the center.</p>			
Child Healthcare	<p>Four Corners Focus/IGW Pediatric Cancer Foundation</p>	<p>The IGW Pediatric Cancer Foundation is an advocate for children with cancer in our area. Our guest, Robin Brooks spoke about the advancements in cancer treatment for children and discussed care and support for both patients and caregivers. We also talked about an upcoming night of fundraising to benefit the foundation in their efforts of providing care. Local music artist Sheldon Pickering and Friends will host An Evening Of Giving on Friday December 16th at the Farmington Civic Center. The community was invited to</p>	Robin Brooks	<p>12/04/2016 07:00 AM</p>	030:24

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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attend.

Children's Education/Recreation	Four Corners Focus/Sycamore Park Community Center	Natalie Spruell of the Sycamore Park Community Center was our guest this week to discuss the many great children (tm)s activities and services they provide. From dodge ball to after-school and out of school programs for kids, to special events like the Daddy/Daughter Ball & Family Camp-Out Night, the Sycamore Park Community Center makes a strong presence in our area among our kids. Natalie spoke of updates on holiday programs, and specific times the center would be open for children during their Christmas break.	Natalie Spruell	12/11/2016 06:59 AM	030:09
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Alzheimer's Disease	Four Corners Focus/Alzheimer's Association of New Mexico	Four Corners Focus this week centered on the disease know as Alzheimer (tm)s. Suzanne Blevins from the Farmington office of the Alzheimer	Suzanne Blevins	12/18/2016 06:59 AM	029:31
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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(tm)s  
 Association of  
 New Mexico  
 gave us great  
 insight into the  
 disease. We  
 spoke about the  
 causes and  
 effects on the  
 human brain, it  
 (tm)s history,  
 and what you  
 can do if a  
 relative or  
 friend is  
 stricken with  
 Alzheimer  
 (tm)s, and we  
 also talked  
 about classes  
 that are offered  
 to help  
 caretakers in the  
 area.

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Special Olympics	Four Corners Focus/Polar Plunge/Special Olympics	<p>Jenny Dennis,            Farmington            Police            Department            Community            Service Officer            was our guest to            discuss The            Polar Plunge,            an event where            community            members solicit            donations and            then to jump            into the frigid            waters of            Farmington            Lake in            January.            Participants can            also stay in the            Chicken Coop            if they (tm)re            afraid of            entering the            chilly waters.            All monies</p>	Jenny Davis	12/25/2016 07:00 AM	030:29
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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raised from this event go to the Law Enforcement Torch Run and Special Olympics New Mexico, to provide activities and Special Olympic events here in Farmington, and around the state.

**Section II  
NETWORK (and/or SYNDICATED) PROGRAMMING**

Section II lists the network-provided (and/or syndicated) programming that the station broadcast during the preceding calendar quarter that addresses community issues.

ISSUE	PROGRAM / TITLE	DESCRIPTION	DATE/TIME	DURATION
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(Insert network and/or syndicator-provided programs lists here.)



Call Letters: KKFG-FM

**Weekly Public Affairs Program**

**QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2016**

Show # 2016-40

Date aired: 10/2/16 Time Aired: 7:30A

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

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

**Issues covered:**  
Constitutional Rights  
Legal Matters  
Crime

**Length: 9:03**

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

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

**Issues covered:**  
Personal Health  
Consumer Matters

**Length: 8:11**

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

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

**Issues covered:**  
Education  
Workplace Matters

**Length: 4:41**

Show # 2016-41

Date aired: 10/19/16 Time Aired: 7:30A

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

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

Issues covered:

Length: 9:13

Medicare  
Senior Citizens  
Healthcare

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

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

Issues covered:

Length: 8:01

Food Safety  
Personal Health  
Consumer Matters

**Ken Redcross, MD**, board-certified internal medicine physician in New York state

Cold and flu season is here, but Dr. Redcross said there are actually three major viruses that people should be concerned about. He explained how to identify the symptoms of each virus, and what the treatment options are.

Issues covered:

Length: 4:58

Influenza  
Personal Health

Show # 2016-42

Date aired: 10/16/16 Time Aired: 7:30A

**Karin Slaughter**, bestselling author, Founder of the "Save the Libraries"

Ms. Slaughter's organization raises funds for libraries in underprivileged communities. She said libraries are the backbone of our nation's educational infrastructure, and they are being slowly dismantled by financially-troubled municipalities and apathetic politicians. She explained the crucial relationship between libraries and schools. She offered suggestions of what the average citizen can do to help their local library.

Issues covered:

Length: 8:11

Libraries  
Local Government  
Education

**William Schiemann, PhD**, organizational psychologist, CEO of Metrus Group, author of "*Fulfilled! Critical Choices – Work, Home, Life*"

One out of five men in their twenties without a college degree has not worked at all in the past 12 months. Dr. Schiemann noted that these younger, lower-skilled men are now less likely to work, less likely to marry and more likely to live with parents, yet many of them feel fulfilled. He has found that success does not necessarily equal fulfillment. He explained the key drivers of fulfillment, both at home and at work, and why it is so important.

**Issues covered:**  
Workplace Matters  
Career  
Mental Health

**Length: 9:06**

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

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

**Issues covered:**  
Alzheimer's Disease  
Personal Health

**Length: 4:58**

Show # 2016-43

Date aired: 10/23/16 Time Aired: 7:30A

**Robert Cialdini, PhD**, social psychologist, Regents' Professor Emeritus of Psychology and Marketing at Arizona State University, former visiting Professor of Marketing, Business and Psychology at Stanford University and the University of California at Santa Cruz, author of "*Pre-Suasion: A Revolutionary Way to Influence and Persuade*"

Dr. Cialdini talked about the science behind persuasion. He said it's not so much about the message, but what happens in the moment before the message is delivered. He explained how consumers can recognize when they are the target of this sales technique. He also discussed how it can be used in job interviews and other common daily activities.

**Issues covered:**  
Consumer Matters  
Career

**Length: 9:54**

**Ateev Mehrotra, MD**, Senior Investigator and Associate Professor of Health Care Policy at Harvard Medical School

Increasingly powerful computers are playing a greater role in our lives every year. Could a computer match, or even outperform, human physicians in diagnosing illnesses? Dr. Mehrotra led a study that found that humans still have the upper hand--for now. He outlined several possible ways that computers may play a greater role in future healthcare scenarios.

**Issues covered:**  
Personal Health  
Technology

**Length: 7:11**

**Nicholson Baker**, teacher, author of "*Substitute: Going to School With a Thousand Kids*"

Mr. Baker worked as on-call substitute teacher in a Maine public school district. He discussed the state of public schooling in America: children swamped with assignments, overwhelmed by social media and educational technology, and staff who struggle with overly ambitious curriculums.

Issues covered:  
Education  
Youth at Risk

Length: 5:00

Show # 2016-44

Date aired: 10/30/16 Time Aired: 7:30A

**Adam Levin**, founder of security management and resolution company IDT911, author of "*Swiped: How to Protect Yourself in a World Full of Scammers, Phishers, and Identity Thieves*"

With online breaches of massive databases becoming increasingly common, identity theft is a fact of life. Mr. Levin explained the most common schemes used by scammers, to steal consumers' private information. He said beyond simple identity theft, other forms such as medical-related, tax fraud-related and child identity theft are all increasing rapidly. He offered suggestions for consumers on how to avoid becoming a victim.

Issues covered:  
Identity Theft  
Consumer Matters

Length: 9:29

**Deborah Carr, PhD**, Professor of Sociology, Interim Director of the Institute for Health, Health Care Policy and Aging Research at Rutgers University

A recent federal report noted that, no matter how advanced their age, older men are far more likely to be married than older women. Dr. Carr said life expectancy explains only part of this gray gender gap. She discussed the economic, social and health effects of this issue. She also explained why many older women are content to be single anyway.

Issues covered:  
Women's Issues  
Senior Citizens  
Retirement

Length: 7:40

**Jonathan Dirlam**, doctoral student in Sociology at Ohio State University

Mr. Dirlam was the lead author of a study that found that job satisfaction in a worker's late 20s and 30s has a link to mental health 15-20 years later. He said those less than happy with their work early in their careers reported that they were more depressed and worried and had more trouble sleeping in their 40s.

Issues covered:  
Mental Health  
Career

Length: 4:57

Show # 2016-45

Date aired: 11/6/16 Time Aired: 7:30A

**Robert Neuman, PhD**, former associate dean of academic advising at Marquette University, author of *"Are You Really Ready for College?: A College Dean's 12 Secrets for Success - What High School Students Don't Know"*

Roughly 2/3rds of college students fail to earn a degree in four years, and Dr. Neuman believes the reason is that they are ill-prepared. He outlined several strategies that high school students can use to enter college with the knowledge, learning skills and work ethic required to succeed. He explained why extra-curricular activities are also quite important when submitting a college application.

**Issues covered:**

**Length: 8:21**

Education  
Parenting

**Graeme Cowan**, corporate mental health consultant, author of *"Back from the Brink: True Stories and Practical Help for Overcoming Depression and Bipolar Disorder"*

One in five Americans takes at least one psychiatric medication, such as an anti-depressant or anti-anxiety drug. Mr. Cowan shared his own story of battling depression. He explained how depression can affect a company's workforce, and how managers and co-workers can help someone who is suffering for depression, stress or other mental health issues.

**Issues covered:**

**Length: 8:48**

Mental Health  
Workplace Matters

**Dana Peres Edelson, MD**, Director of Clinical Research at the Emergency Resuscitation Center at the University of Chicago Medical Center

Dr. Edelson was a co-author of revised guidelines for cardiopulmonary resuscitation for The American Heart Association. She outlined the current recommendations for CPR procedures, and said chest compression should be the top priority in a cardiac emergency.

**Issues covered:**

**Length: 5:00**

Personal Health  
Emergency Preparedness

Show # 2016-46

Date aired: 11/13/16 Time Aired: 7:30A

**Jonathon Wai, PhD**, Psychologist, Research Scientist at the Duke University Talent Identification Program

Dr. Wai is one of the researches involved in a 45 year study of intellectually gifted children. He noted that kids who test in the top 1% tend to become the nation's eminent scientists and academics, Fortune 500 CEOs and federal judges, senators and billionaires. He said, because of the focus on lower performing students, youngsters who show an early aptitude for subjects like science and math tend not to receive the help they need. He offered several simple steps schools can take to help gifted students reach their full potential.

**Issues covered:**

**Length: 9:00**

Education  
Parenting

**Joann S. Lublin**, Management News Editor for the Wall Street Journal, author of "*Earning It: Hard-Won Lessons from Trailblazing Women at the Top of the Business World*"

Ms. Lublin said that, although career prospects have improved, progress is still frustratingly slow for women hoping to break the glass ceiling in large companies. She explained what it takes for women to climb to corporate heights in America, such as finding a career mentor.

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

**Length: 8:13**

**Sage R. Myers, MD, MSCE**, Assistant Professor in Pediatrics at the University of Pennsylvania Perelman School of Medicine, Attending Physician in the Division of Emergency Medicine at Children's Hospital of Philadelphia

Contrary to what many believe, living in the city is far less risky than in the country, according to a study Dr. Myers recently completed. She said that although homicides in cities still outpace those in rural areas, the risk of dying from some form of accident or injury is 20 percent greater in rural counties. She explained how this research can be used for future planning of trauma centers and other improvements to the medical system.

**Issues covered:**  
**Personal Health**  
**Crime**  
**Government**

**Length: 4:55**

Show # 2016-47

Date aired: 11/20/16 Time Aired: 7:30A

**Melanie Cullen**, management and technology consultant, author of "*Get It Together: Organize Your Records So Your Family Won't Have To*"

Ms. Cullen said disorganization can be a nightmare for those who need to step in to help an elderly person as a caregiver or estate executor. She offered simple ways to organize important records like passwords, financial records, insurance policies, funeral arrangements, and other personal information.

**Issues covered:**  
**Senior Citizens**  
**Retirement Planning**

**Length: 8:36**

**Peter Mazareas, PhD**, worked with the U.S. Congress on legislation to create 529 savings plans, co-author of "*Plan and Finance Your Family's College Dreams: A Parent's Step-By-Step Guide from Pre-K to Senior Year*"

Planning and paying for a college education is a daunting task for most parents. Dr. Mazareas discussed the merits and complexities of 529 savings plans, which allow parents to save tax-free for higher education expenses. He said that there are numerous free and easy-to-access tools for parents to plan for the costs of college.

**Issues covered:**  
**Education**  
**Consumer Matters**  
**Parenting**

**Length: 8:38**

**Pamela Rutledge, PhD**, Director of the Media Psychology Research Center, Fielding Graduate University in Santa Barbara, CA, author the "Positively Media" column for PsychologyToday.com, Editor-in-Chief of the academic journal Media Psychology Review

Dr. Rutledge talked about the effect of selfies, Instagram and other social media phenomenon on girls' self-esteem. She believes that parents should not be overly concerned, that selfies are just the latest form of exploration and identity experimentation in teenagers' formative years.

Issues covered:  
Girl's Issues  
Parenting

Length: 5:01

Show # 2016-48

Date aired: 11/27/16 Time Aired: 7:30A

**AnnMarie Thomas, PhD**, Associate Professor, School of Engineering at the University of St. Thomas, author of "*Making Makers: Kids, Tools, and the Future of Innovation*"

Dr. Thomas said many of today's engineering students have few hands-on skills or the ability to actually make or fix something. She explained why it is crucial to encourage today's youth to think creativity and innovatively. She offered suggestions for parents who want to teach their children to be able to use their hands to make things.

Issues covered:  
Education  
Parenting

Length: 8:31

**Valter Longo, PhD**, biogerontologist and cell biologist, Professor at the University of Southern California-Davis School of Gerontology, Director of the USC Longevity Institute

Dr. Longo has led multiple studies examining the effect of fasting on life extension and cancer therapy. His latest study found that a three-day fast appears to significantly increase the effectiveness of chemotherapy treatments. He talked about the possible reasons behind this finding, and what people need to know before considering a fast.

Issues covered:  
Personal Health

Length: 8:47

**Sara Bleich, PhD**, Associate Professor at Johns Hopkins Bloomberg School of Public Health.

Dr. Bleich believes consumers make poor nutritional choices because the concept of calories means very little to them. She conducted a study of urban teenagers in which signs were placed in convenience stores, informing patrons that it would take five miles of walking to burn up the calories from a soft drink. Soda sales declined, not only while the signs were posted, but even weeks after they were removed. She explained the importance of finding ways to communicate nutritional information in more useable formats.

Issues covered:  
Consumer Matters  
Nutrition  
Government Policies

Length: 5:16

Show # 2016-49

Date aired: 12/4/16 Time Aired: 7:30A

**Pam S. Fischer**, consultant for the Governors Highway Safety Association, principal of Pam Fischer Consulting in Hackettstown, NJ

Recent government data found a ten percent spike in teen driver-involved fatal crashes. Ms. Fischer outlined the current teen driving restrictions used in most states. She believes that states should consider strengthening their teen licensing requirements. She said the brain is not fully developed in teenagers, so teens don't assess risk in the same way as adults.

**Issues covered:**  
Teenage Driving  
Youth at Risk  
Parenting

**Length: 9:22**

**Dennis E. Reidy, PhD**, Clinical Neuropsychologist, Behavioral Scientist in the Division of Violence Prevention at the Centers for Disease Control and Prevention in Atlanta

Stalking is a widely recognized public health concern, yet little information is available about stalking behaviors among teenage victims. Dr. Reidy led a study that determined that found that 14% of girls and 13% of boys have been victims of stalking. In addition, the survey found that the stalked teens were more likely to report symptoms linked to depression, as well as risky behavior such as binge drinking and sexting.

**Issues covered:**  
Stalking  
Youth at Risk  
Mental Health

**Length: 7:58**

**Susan Feitelberg**, Certified Financial Planner, Senior Vice President at Morgan Stanley, author of "The Net Worth Workout"

Ms. Feitelberg discussed the baby boom generation's shaky financial fitness, particularly in the area of retirement planning. She offered suggestions on how consumers can assess their current financial condition and set achievable financial goals.

**Issues covered:**  
Consumer Issues  
Economic Issues  
Seniors & Retirement

**Length: 4:48**

Show # 2016-50

Date aired: 12/11/16 Time Aired: 7:30A

**Stephanie Ruest, MD, FAAP**, Pediatric Emergency Medicine Fellow at Rhode Island Hospital, fellow of the American Academy of Pediatrics

Dr. Ruest's research on behalf of the American Academy of Pediatrics found that the more time children spend using digital devices, the less likely they are to finish their homework. Children who spent two to four hours a day using computers, videogames, tablets and smartphones had 23 percent lower odds of always or usually finishing their homework, compared to children who spent less than two hours. Dr. Ruest offered advice to parents on how to monitor and control digital usage.

**Issues covered:**

**Length: 7:39**

**Education  
Parenting**

**Laura Adams**, Senior Insurance Analyst for insuranceQuotes.com

Ms. Adams outlined a new study by insuranceQuotes that found that 86% of Americans are unaware that insurers use the claims history of previous homeowners to set premiums for new policies. She explained why consumers are unaware of this database, what it contains, and how they can obtain a free report for their property.

**Issues covered:**

**Length: 9:26**

**Consumer Matters  
Home Ownership**

**Heidi Williams, PhD**, Class of 1957 Career Development Associate Professor in the Department of Economics at Massachusetts Institute of Technology

The average amount an American spends on healthcare varies wildly, depending on where they live. Yet the outcome—average life expectancies—are similar. Dr. Williams co-authored a study of millions of Medicare patients' records. She found that decisions by patients and doctors are responsible for virtually equal shares of the differences in regional spending.

**Issues covered:**

**Length: 4:55**

**Personal Health  
Consumer Matters  
Government Spending**

Show # 2016-51

Date aired: 12/18/16 Time Aired: 7:30a

**Michael C. Harper**, expert in employment discrimination law, Barreca Labor Relations Scholar and Professor of Law, Boston University School of Law

Prof. Harper discussed the growing influence of age discrimination in today's job market. He explained the reasons that employers often avoid older job applicants. He said the Age Discrimination in Employment Act, which prohibits employment discrimination against anyone 40 or older, is highly ineffective. Prof. Harper believes the law should be reformed to make it at least as strong a deterrent as laws that prohibit discrimination on race or gender.

**Issues covered:**

**Length: 8:41**

**Age Discrimination  
Workplace Matters  
Senior Citizens**

**Jeff Blyskal**, Senior Editor at Consumer Reports

Americans are used to being monitored for security reasons as they shop, but Mr. Blyskal said an increasing number of walk-in retailers are taking spying to a whole new level. He said stores are installing hidden video cameras, video analytics software, smartphone tracking and wi-fi hotspots to gather a surprising amount of data about their individual customers. The goal of this intense surveillance is to target shoppers with customized marketing, to convince them to shop more and spend more.

**Issues covered:**  
Consumer Matters  
Personal Privacy

**Length: 8:29**

Frances Newton, financial advisor, founder of Frances Insights

Ms. Newton said this is an excellent time of year for consumers to dig through credit card statements and bank receipts, and get their finances in order. She said getting organized will not only help a consumer to save money during the year, but it will also boost financial confidence.

**Issues covered:**  
Personal Finance  
Consumer Matters

**Length: 4:58**

Show # 2016-52

Date aired: 12/25/16 Time Aired: 1:30A

Edward M. Hallowell, MD, Child and Adult Psychiatrist who specializes in ADD and ADHD, author of *"Driven to Distraction at Work: How to Focus and Be More Productive"*

Many people in the workplace feel increasingly overwhelmed by a mix of nonstop demands and rapidly changing technology. Dr. Hallowell discussed the underlying reasons why people lose their ability to focus at work. He said the most common distraction is caused by electronic screens of all kinds. He offered suggestions on how to sustain a productive mental state at work.

**Issues covered:**  
Mental Health  
Career

**Length: 7:22**

Jill Weisenberger MS, RDN, CDE, Nutrition, Culinary & Diabetes Expert, Registered Dietitian, Certified Diabetes Educator, author of *"The Overworked Person's Guide to Better Nutrition"*

Ms. Weisenberger offered practical steps to plan, cook and eat better for a healthier lifestyle. She explained why meal planning is so important and why an organized kitchen is critical in that process. She explained how to ease a family into a lower-sodium diet.

**Issues covered:**  
Nutrition  
Personal Health

**Length: 7:44**

Jacquelyn F. Gamino, PhD, Research Scientist and Assistant Research Professor at the Center for BrainHealth at the University of Texas at Dallas

Growing up poor can affect a child's behavior and school performance. Dr. Gamino led a study that determined that intervention programs can help bring low-income adolescents up to speed with their more affluent peers. She explained how cognitive intervention could easily be integrated into a normal school setting.

**Issues covered:**  
Education  
Poverty

**Length: 4:51**

**Section III  
PUBLIC SERVICE ANNOUNCEMENTS**

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Animal Welfare	Farmington Animal Shelter	001:40	001
Animal Welfare	Farmington Animal Shelter	001:44	001
Animal Welfare	Farmington Animal Shelter	001:48	002
Animal Welfare	Farmington Animal Shelter	001:52	001
Animal Welfare	Farmington Animal Shelter	002:42	001
Child Abuse/Neglect	Casa Court Appointed Advocate	000:25	038
Children's Services	Kiwanis Club	000:27	064
Civic Affairs	City of Farmington	000:25	039
Community Activities	Chamber of Commerce	000:20	010
Community Activities	Cortez Cultural Center	000:19	030
Community Activities	Farmington Aquatic Center	000:16	047
Community Activities	Farmington Chamber of Commerce	000:21	001
Community Activities	Farmington Parks & Rec Dept.	000:24	059
Community Activities	Farmington Public Library	000:20	019
Community Activities	San Juan County Partnership	000:15	008
Community Activities	Sycamore Park Community Center	000:15	089
Family Activities	Sycamore Park Community Center	000:17	011
Fine Arts	Farmington Public Library	000:14	009
Health Care	San Juan Regional Hospital	000:26	012
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	017
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:31	004
VOTING	ROCK THE VOTE	000:30	014