

KODE QUARTERLY ISSUES AND PROGRAMS REPORT
JANUARY – MARCH 2016

KODE programs, news reports and public services announcements provided significant treatment of the following issues that were important to the community in the 1st Qtr. of 2016:

Categories:

Health
Crime
Politics
Education
Community

Local News:

Good Morning 4-States	Monday-Friday	5:30-7:00am
KODE News @ 5pm	Monday-Friday	4:00-5:30pm
KODE News @ 6pm	Monday-Friday	6:00-6:30pm
KODE News @ 10pm	Monday-Sunday	10:00-10:30pm

Network/National:

This Week	Sunday	8:00-9:00am
Good Morning America	Saturday-Sunday	7:00-8:00am
	Monday-Friday	7:00-9:00am
World News Tonight	Monday-Sunday	5:30-6:00pm

Syndicated:

Meredith Vieira Show	Monday-Friday	2:00-3:00pm
Dr. Oz Show	Monday-Friday	4:00-5:00pm

LOCAL NEWS

Health – topics covered under this issue include:

Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Red cross provides relief to flood victims	Date: 01/01/16 Duration of Segment: 1:15
Program Title: Action 12 News at 6 Time: 6:05 Detailed Description: 2016 Health Care ACT changes	Date: 01/04/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:05 Detailed Description: New meat labeling standards	Date: 01/07/16 Duration of Segment: 1:30
Program Title: Action 12 News at 10 Time: 10:10 Detailed Description: Nevada hospital upgrades	Date: 02/04/16 Duration of Segment: 1:35
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Zeka virus, local concerns	Date: 02/05/16 Duration of Segment: 1:15
Program Title: Action 12 News at 10 Time: 10:05 Detailed Description: Oklahoma Flu cases spike	Date: 02/26/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:05 Detailed Description: Missouri food stamps program cutbacks	Date: 03/16/16 Duration of Segment: 1:45
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Bad year for cold, flu, and allergies	Date: 03/17/16 Duration of Segment: 1:30

Crime – topics covered under this issue include:

Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Proposed Missouri Law enforcement certification	Date: 01/06/16 Duration of Segment: 1:15
Program Title: Action 12 News at 10 Time: 10:00 Detailed Description: PSU active shooter training	Date: 01/06/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Joplin SWAT training/funding	Date: 01/08/16 Duration of Segment: 1:25
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Miami Homicide investigation	Date: 01/20/16 Duration of Segment: 1:20
Program Title: Action 12 News at 10 Time: 10:00 Detailed Description: KS Bill to ban texting and driving	Date: 02/12/16 Duration of Segment: 1:15
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Missouri Police body camera bill	Date: 02/19/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Joplin school on lockdown	Date: 03/07/16 Duration of Segment: 1:15
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Parsons shooting investigation	Date: 03/14/16 Duration of Segment: 1:00
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Seatbelts and fatal accidents	Date: 03/22/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Governor approves new police training standards	Date: 03/23/16 Duration of Segment: 1:15

Politics – topics covered under this issue include:

Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Jasper County Commission meeting	Date: 01/05/16 Duration of Segment: 1:20
Program Title: Action 12 News at 10 Time: 10:00 Detailed Description: Granby city tax on ballot	Date: 01/12/16 Duration of Segment: 1:35
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: MO gun deaths	Date: 01/14/16 Duration of Segment: 1:25
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Mt. Vernon sales tax issue	Date: 01/14/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6 Detailed Description: Jasper county sales tax vote	Date: 01/21/16 Duration of Segment: 1:25
Program Title: Action 12 News at 10 Time: 10:00 Detailed Description: Oklahoma presidential primary results	Date: 02/09/16 Duration of Segment: 2:00
Program Title: Action 12 News at 6 Time: 6:05 Detailed Description: Governor Nixon on education funding	Date: 02/15/16 Duration of Segment:
Program Title: Action 12 News at 10 Time: 10:05 Detailed Description: Difference between a primary and a caucus.	Date: 03/01/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:05 Detailed Description: U.S. Rep. Billy Long campaign stop in Joplin	Date: 03/07/16 Duration of Segment: 1:15
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Missouri Senate Filibuster	Date: 03/08/16 Duration of Segment: 1:00

Education – topics covered under this issue include:

Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: MSSU funding	Date: 01/14/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Carl Junction High School home construction class	Date: 01/15/16 Duration of Segment:
Program Title: Action 12 News at 10 Time: 10:05 Detailed Description: MLK Day of service at MSSU	Date: 01/18/16 Duration of Segment: 1:15
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Chetopa, KS four day school week	Date: 02/02/16 Duration of Segment: 1:30
Program Title: Action 12 News at 10 Time: 10:05 Detailed Description: MSSU Watered Gardens program	Date: 02/02/16 Duration of Segment: 1:45
Program Title: Action 12 News at 10 Time: 10:00 Detailed Description: MSSU conceal carry on campus	Date: 02/03/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: MSSU new degree program	Date: 02/17/16 Duration of Segment: 1:20
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Carthage school construction	Date: 02/29/16 Duration of Segment: 1:20
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Joplin schools Bright Futures training	Date: 03/02/16 Duration of Segment: 1:30
Program Title: Action 12 News at 10 Time: 10:10 Detailed Description: PSU land purchase	Date: 03/02/16 Duration of Segment: 1:15

Community – topics covered under this issue include:

Program Title: Action 12 News at 10 Time: 10:10 Detailed Description: Joplin State of the city	Date: 01/01/16 Duration of Segment: 1:35
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Wyandotte flood damage	Date: 01/05/16 Duration of Segment: 1:45
Program Title: Action 12 News at 6 Time: 6:00 Detailed Description: Spring River pollution	Date: 01/19/16 Duration of Segment: 1:30
Program Title: Action 12 News at 10 Time: 10:05 Detailed Description: Oklahoma cigarette tax	Date: 02/02/16 Duration of Segment: 1:15
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Nevada new tech center opening	Date: 02/17/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:10 Detailed Description: Foreign language field day at Joplin High School	Date: 02/19/16 Duration of Segment: 1:45
Program Title: Action 12 News at 10 Time: 10:00 Detailed Description: Trout season opens in Missouri	Date: 02/19/16 Duration of Segment: 1:30
Program Title: Action 12 News at 6 Time: 6:05 Detailed Description: Girard sidewalk improvements	Date: 02/26/16 Duration of Segment: 1:15
Program Title: Action 12 News at 10 Time: 10:00 Detailed Description: City of Miami celebrating 125 years of township	Date: 03/03/16 Duration of Segment: 1:30

NETWORK

World News Tonight

ABC World News Tonight with David Muir is the News division's flagship broadcast. With unparalleled reporting, *World News* empowers viewers each day by providing the latest information and analysis of major news events from around the country and the world. Anchored by David Muir, the broadcast draws upon an award-winning team of correspondents, producers and off-air reporters.

01/07/16: Stock Market Plunges

Man who pledged allegiance to ISIS gunned down in Paris; nurse receives a liver transplant and so much more.

01/12/16: Final State of the Union for President Obama

Iran holds two US Navy vessels; ten killed in deadly attack in Turkey

01/18/16: The Words of Martin Luther King Jr Remain Relevant

Michigan Governor Hit with First Lawsuits for Toxic Drinking Water

01/21/16: Will Smith Discusses Lack of Diversity in Oscar Nominations

East Coast braces for a major storm; urgent healthcare alert for pregnant women

01/29/16: Bob Woodruff and Doug Vogt 10 Years after Being Attacked in Iraq

Escaped California convict arrested after turning himself in; NFL concussions on the rise

02/03/16: New Fears about Zika Virus - residential candidates prepare for New Hampshire

02/05/16: Deadly Crane Collapse in NYC

Down to the wire for presidential candidates in New Hampshire; Elton John's special gift to commuters

WN 02/12/16: Bitter and Dangerous Cold From New England to the Carolinas

Mother of Columbine school shooter breaks her silence 17 years later

02/22/16: Jason Dalton Apparently Took Uber Fares While on an Alleged Rampage in

Kalamazoo, Michigan - New Outrage over the VA Health Care System

02/25/16: GOP Presidential Candidates Slug it Out at Final Debate Before Super Tuesday

Sylvester Stallone on "Rocky" and being nominated for an Oscar again; tornado outbreaks kill 3

03/02/16: Astronaut Scott Kelly Returns to Earth Taller, Lighter and Younger

Super Tuesday and what the candidates' next moves are; dramatic video of a gun store heist

03/04/16: 18 Killed in Wisconsin from Bacterial Infection Elizabethkingia
Cops testing mystery knife allegedly from OJ Simpson estate; closing arguments made in Erin Andrews trial

03/10/16: Historic Flooding in the South
Escaped murder suspect taken down by hostages; billions of dollars unclaimed from the IRS

03/17/16: Prince Harry's New Passion Helping Wounded Warriors
Head of EPA and Michigan governor under scrutiny on Capitol Hill

03/23/16: All out Manhunt for Mystery Bomber
Extraordinary Cache of Explosives Found in Attacker's Apartment; Honoring the Victims of the Brussels bombing

This Week with George Stephanopoulos

This Week with George Stephanopoulos is ABC News' pre-eminent Sunday morning discussion program, featuring newsmaker interviews and panel discussions and debates on a wide range of global issues and commentary, putting into unique perspective the preceding week's news, and often setting the stage for the week ahead.

01/03/16: Viewing the Presidential Election in the New Year
Guests: Ben Carson, Bernie Sanders, Matt Bai, Alex Castellanos, Van Jones, Alice Stewart

01/31/16: The Iowa Caucus Kicks-Off Primary Process
Guests: Donald Trump, Hillary Clinton, Bernie Sanders, Donna Brazile, Matt Dowd, Alex...

02/14/16: Presidential Candidates React to Antonin Scalia's Death
Guests: Ted Cruz, Donald Trump, Marco Rubio, John Kasich, Bernie Sanders, Charles Schumer...

02/28/16: 2016 Presidential Campaigns and the Super Tuesday...
Guests: Ted Cruz, Chris Christie, Nikki Haley, Bernie Sanders, Donna Brazile, Hugh Hewitt, Kartrina...

03/13/16: Rally Violence Becomes Presidential Campaign Focus
Guests: Ted Cruz, John Kasich, Marco Rubio, Bernie Sanders, Donna Brazile, Matt Dowd, Jorge Ramos...

03/27/16: Brussels Terror Attack Aftermath Discussed

Guests: Donald Trump, Bernie Sanders, Michael Eric Dyson, LZ Granderson, Mary Kissel, Bill Kristol

Good Morning America

ABC News' popular morning program, *Good Morning America*, is anchored by Robin Roberts and George Stephanopoulos. Amy Robach is the News Anchor, Lara Spencer is Co-Anchor and Ginger Zee is the Meteorologist. Now in its 38th year, *Good Morning America* is watched by millions of people who wake up to the show's award-winning combination of breaking news, hard-hitting interviews, exclusive investigations, cutting-edge medical information, and financial reporting.

01/01/16: Tips to Get Healthy in 2016

5 Ways to Boost Your Bank Account in 2016; Pastor Joel Osteen Gives His Perspective on Family

01/04/16: Armed Oregon Militiamen Speak Out From Occupied Refuge

Miss Universe Favors Harvey's Return as Host Despite Mix-Up

01/05/16: US Markets Plunge After Chinese Stock Woes, Mideast...

'Star Wars' Secret Iceland Filming Location Revealed

01/10/16: Sean Penn Interviews 'El Chapo'

FBI Captures Alleged Serial Jewelry Robber

01/13/16: Top Moments of President Obama's Final State of the Union

Hillary Clinton, Joe Biden Speak Out on SOTU

01/16/16: Self-Defense Classes Designed for Real Estate Agents

ISS Spacewalk Cut Short After Astronaut's Helmet Malfunctioned

01/27/16: 1 Dead, 1 Wounded in Weeks-Long Oregon Standoff

Donald Trump Drops Out of Final GOP Debate Before Iowa Caucus

01/30/16: NFL Releases New Information Related to Player Safety

2016 SAG Awards Preview

02/03/16: US Reports 1st Case of Zika Virus Spread Through Sex

Virginia Officials Search for Motive in Teen Girl's Slaying

02/05/16: Massive Crane Collapses in NYC

Bernie Sanders and Hillary Clinton Face Off at New Hampshire Debate

02/08/16: Denver Broncos Take Victory in Super Bowl 50

Marco Rubio Faces Fallout From GOP Debate

02/11/15: US Justice Department Sues Ferguson, Missouri, to Overhaul...

Cruise Ship Guests Speak Out After Ship Returns to New Jersey

02/13/16: Dangerous Cold Hits the Northeast

Federal Agencies Investigating Playing Turf

02/19/16: Hero Dives Underwater to Rescue Crashing Helicopter Victims

Donald Trump Lashes Out For Criticism From Pope, Blames Mexico

02/22/16: Uber Driver Accused of Killing 6 in 3 Shootings

'GMA' on Safari Showcases Majestic Animals in Their Habitat

02/25/16: Severe Weather Slams the East Coast, Midwest

Exclusive: Apple CEO Tim Cook Likens iPhone-Cracking Software to Cancer

03/02/16: Astronaut Scott Kelly Returns to Earth After 340 Days in...

What Happens After Super Tuesday

03/04/16: Soccer Star Brandi Chastain to Donate Brain to CTE...

North Korea Claims to Approve Use of Nuclear Weapons

03/06/16: Father, Daughter Survive Plane's Engine Failure

Hillary Clinton, Bernie Sanders Prepare for Next Democratic Debate

GMA 03/10/16: More Than a Foot of Rain Drowns the South

Emotional Moment Woman Asks Father-Figure to Adopt Her

03/14/16: Deadly Ivory Coast Attack Claimed By Al Qaeda

Richard Simmons Explains Lack of Public Appearances

03/17/16: North Korea Sentences US Student to 15 Years of Labor
Merrick Garland Nominated for US Supreme Court Vacancy

03/20/16: HS Students Survive Devastating Bus Crash in Indiana
Paris Terror Suspect Admits Pulling Out of Suicide Bombing

03/22/16: At Least 34 Killed in Explosions Across Brussels
2016 Presidential Candidates React to Brussels Terror Attacks

03/29/16: EgyptAir Hijacker Arrested After Hostage Standoff
New Details on US Capitol Shooter

SYNDICATED

Meredith Vieira Show

Tuesday, January 12th, 2016 Show #: MV011216-AJ084 (TV-PG)

- Best Organization Tips For 2016: Meredith helps you finally get organized in the New Year with top clutter-busting tips!

Thursday, January 14th, 2016 Show #: MV011416-AJ085 (TV-PG)

- Man On A Mission To Feed The Hungry: Meet the sanitation worker who started a non-profit to help homeless people on his route by providing food, sleeping bags and more!

Monday, January 18th, 2016 Show #: MV011816 – AJ080 (TV-PG)

- Wild Animals with Grant Kemmerer: Furry, feathered and four-legged friends stop by including an alligator, black leopard, hyena more!

Thursday, January 21st, 2016 Show #: MV012116-AJ089 (TV-PG)

- Wrongfully Convicted of Murder: Meet Ryan Ferguson, who at 21-years-old served nearly 10 years in prison for a murder he didn't commit, his father who led a tireless crusade to prove his innocence and film director Andrew Jenks who chronicled it all.

Tuesday, January 26th, 2016 Show #: MV010416 – AJ063R (TV-PG)

- Latest Fitness Craze For 2016: Meredith and her panelists test out the latest fitness crazes of 2016 to help you get amazing abs, thinner thighs and more!
- Revolutionary Skin Secrets: Top Hollywood dermatologist shares the secrets to fixing dark spots, reducing under eye circles and combatting cellulite!

Wednesday, February 3rd, 2016 Show #: MV020316-AJ094 (TV-PG)

- Super Snacks For The Super Bowl: Chef Wolfgang Puck shares his signature barbecue chicken quesadilla dish and world famous guacamole dip sure to wow your guests for the big game!

Thursday, February 4th, 2016 Show #: MV020416-AJ097 (TV-PG)

- Winter Car Safety with Jeff Rosen: Is your child's winter coat putting them in danger in their car seat? Are cold weather criminals targeting your car? Plus, the emergency preparedness kit every car should have!

Tuesday, February 9th, 2016 Show #: MV020916-AJ098 (TV-PG)

- Teen Chef Beats The Odds: Meet the 14-year-old autistic chef who became a YouTube sensation! Plus, he whips up his signature sweet French toast with a savory twist!

Wednesday, February 10th, 2016 Show #: MV021016-AJ099 (TV-PG)

- What's For Dinner Tonight?: A quick and easy dish of Parmesan crusted chicken and balsamic potato salad in 30 minutes or less!

Monday, February 22nd, 2016 Show #: MV022216 – AJ093
(TV-PG)

- Four Superfood Trends You've Never Heard Of For Weight Loss, Energy Boost & More!: Nutritionist Heidi Skolnik shares the latest superfood trends of 2016!

Friday, February 26th, 2016 Show #: MV011116 – AJ082R
(TV-PG)

- "As Seen on MV": Meredith shares the must have products of 2016 from slippers with flashlights to custom stuffed animals made from your own child's artwork!

Monday, February 29th, 2016 Show #: MV022916 – AJ102 (TV-PG)

- The Deadly Drugs Busts Your Kids Are Secretly Doing: All across the country college kids who get caught with drugs face an ultimatum often times with deadly consequences.

Thursday, March 10th, 2016 Show #: MV011216-AJ084R (TV-PG)

- Best Organization Tips: Meredith helps you finally get organized with top clutter-busting tips!

Friday, March 11th, 2016 Show #: MV091015-AJ005R (TV-PG)

- 10-Year-Old Shark Attack Survivor: Meet the heroic little girl who survived a shark attack and saved a fellow swimmer's life.

Wednesday, March 16th, 2016 Show #: MV031616-AJ110 (TV-PG)

- How To Create The Next Amazing App!: Think you have the next million-dollar app idea? The co-founder of Twitter & founder of Bumble share tips to make your app dream a reality!

Friday, March 18th, 2016 Show #: MV092215-AJ014R (TV-PG)

- O.J. Simpson: 20 Years After The Verdict: Family members KIM GOLDMAN reflects on the tragic day she lost her brother 20 years ago. Plus, two members of the jury reveal if they've changed their mind on the trial of the century.

Wednesday, March 23rd, 2016 Show #: MV022216 – AJ093R (TV-PG)

- Four Superfood Trends You've Never Heard Of For Weight Loss, Energy Boost & More!: Nutritionist Heidi Skolnik shares the latest superfood trends of 2016!

Monday, March 28th, 2016 Show #: MV032816-AJ105 (TV-PG)

- Race in America: Author MICHAEL ERIC DYSON, new book "The Black Presidency: Barack Obama and the Politics of Race in America" sheds light on current race relations in our country.
- Ballerina's Dream Come True: Meredith follows up with a member of an inspiring dance troupe specifically created for children with physical challenges to find out what it was like for her to fulfill her lifelong dream of performing at Lincoln Center.

Tuesday, March 29th, 2016

Show #: MV032916-AJ113

(TV-PG)

- The Man Who Changed Students' Lives Forever: Hear the incredible act of kindness one man did after visiting a kindergarten class!

Dr. OZ Show

Tuesday, 1/5/16 #7-0704 – Food Truth Series: What's gone wrong with the break we buy? Bread. It's an American staple but it's turned into a public health enemy. We investigate what's gone wrong with bread and the healthy bread that's Oz-approved. Plus, the shortcut to picking the best nut butter that won't blow your diet. And, the one simple change to improve your sleep, skin, mood and help you lose weight.

Wednesday, 1/6/16 #7-080 – The Power Plan to stop Insomnia so you can sleep. Up all night obsessing over your to-do list? We have the power plan to quiet your mind so you can get a solid night's rest. Plus, The View co-host and mom Candace Cameron Bure reveals how she avoids burnout. And, 4 surprising reasons the scale isn't budging and how to fix it fast.

Thursday, 1/14/16 #7-082 – The secrets of a high-functioning alcoholic. A mom living a dangerous double life reveals the dark secret that nearly destroyed her family. How she hid her alcohol addiction while maintaining a "normal" life and what she did to finally get help. Plus, confessions of an online shopper. The plan to stop impulsive online spending.

Friday, 1/15/16 #7-088 – The plan to power through stress and anxiety – Transform stress into strength. Learn how to overcome the four fears to reclaim your personal power. See the two words you need to eliminate from your vocabulary TODAY. Plus, the man who lost a whopping 400 pounds. See how he did it and what he looks like now.

Tuesday, 1/19/16 #7-079 – Food Truth Series: Should you stop eating salad? – You've seen the headlines attacking salad. An article called it "overrated" and claimed lettuce has little nutritional value. Should you stop eating salad? We cut through the clutter in our Food Truth Series. Then, the 20 best soups for weight loss. Plus, the latest of legendary model and restaurateur B. Smith's battle with Alzheimer's. The frightening night she went missing.

Friday, 1/22/16 #7-072 – The power plan to restore your energy – The secret to all-day energy from early morning to late night. Easy ways to fuel up that won't let you down. Plus caffeinated foods are flooding store shelves. Everything from peanut butter to chewing gum to potato chips – but is it safe? Then, help to stop living paycheck to paycheck. The power plan to take back control of your finances.

Monday, 1/25/16 #7-078 – Could you have a parasite and not even know it? – The monsters inside: parasites feeding off of you, making you sick. What to do if you have one. Plus, the self-proclaimed "fat dad & fat kid" YouTube sensation taking control of their health. Then, singer actor and mom Brandy opens up about her private health battle and how she fought her way back.

Thursday, 1/28/16 #7-103 – Dr. OZ investigates: can you actually catch mental illness? – The same way you can catch a cold or the flu – can you catch a mental illness? Why a simple virus

or infection could be to blame. Then, can a dog really sniff out cancer and MS? Our investigation reveals this groundbreaking research. And, do you need a spiritual check-up? A new generation of pastors, with unorthodox methods, gets real with spiritual prescriptions for what's holding you back.

Monday, 2/1/16 #7-117 – Addicted to the internet: Could you give it up for 30 days? – We spend our lives wired to our digital devices! Now that you're hooked, could you give it up for 1 month? We have your digital detox (without going cold turkey). Plus, a new way to remove fat without surgery or pills. And, your favorite fast foods get a healthy makeover.

Thursday, 2/4/16 #7-069 – Jamie-Lynn Sigler's secret battle with MS: Why she's speaking out now – Jamie speaks out after suffering in silence about her fifteen-year battle with MS. She reveals why she kept it a secret for so long and how her life has been living with MS. Then, total transformations you have to see to believe. Women who lost half their weight and their secrets to keeping it off. And Daphne OZ whips up a half-calorie dessert you're going to love and introduces you to the newest member of the OZ family.

Monday, 2/22/16 #7-125 – The truth behind America's biggest foods: What you need to know before taking another bite of BBQ – We uncover the truth about the foods you love, starting with barbeque. Something has changed with this American classic. Can the hidden ingredient in the sauce be toxic to your health? Is the honey you're being sold really from bees? Is the wine you're buying now causing more hangovers? We reveal what's different about your favorite foods in our Food Truth Series.

Tuesday, 3/8/16 #7-127 – Dangerous teen trends you need to know about and don't – The fire challenge, the duct tape challenge, purple drank: Dr. Oz sounds the alarm on the dangerous online trends and social media pranks teens are trying. Montel Williams cautions parents about deadly stunts that can turn fatal, and one dad relives the day he lost his son to a cocktail of racing fuel and Mountain Dew. Plus, you remember the man with the golden voice: Ted Williams is back. The health crisis he finds out about on our stage.

Friday 3/11/16 #7-035 – Does your cellphone case increase your radiation risk? – Why it matters what cell phone case you use. Plus, do you have constant back pain? The back pain busters you can do at home right now.

Tuesday, 3/22/16 #7-138 – Are flavored waters diet sodas in disguise? – Flavored waters are everywhere and come in a rainbow of flavors, but do they have more calories than diet soda? We break it all down in our Food Truth Series. And, does the new powdered peanut butter stand up to the real thing? Plus, the 5-minute test to determine if you're pre-diabetic and the action plan to stop diabetes before it starts.

Thursday, 3-24-16 #7-118 – What would you do with ten more years with your family? – 10 simple things you can do starting today to add years to your life. We're counting down the numbers you need to know to stay in great health for years to come. Plus, fitness trainer Dolvett Quince reveals the biggest secrets from The Biggest Loser. He shows you what it takes to shed pounds and his best body sculpting moves. And, Chris Powell reveals what it really means to cut out the carbs.

Public Service Announcements: In addition to the above programming KODE broadcast public service announcements at various times throughout the day.

List included in file