



### EDUCATION

Program: Community in Touch (Locally Produced) (PA)

Date: January 9, 2022 Time: 6:00am-7:00am  
February 13, 2022  
March 13, 2022

Synopsis: Deborah Zysman from the Hawaii Children’s Action Network joined us to discuss the reformation and branding of their organization from Good Beginnings Alliance. She also talked about a new Children’s Policy Agenda, the importance of early education, impact of housing costs on children, and HCAN’s goal to see PAID family leave implemented in Hawaii.

Host: **Betsy Brown**

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### ABUSE

Program: Community in Touch (Locally Produced) (PA)

Date: January 16, 2022 Time: 6:00am-7:00am  
February 20, 2022  
March 20, 2022

Synopsis: There are many forms of abuse that create risk and danger in love relationships. Physical violence, verbal abuse, psychological tactics-including intimidation, and degrading someone, and sexual assault, are the most obvious ways one person in a relationship establishes power over their partner. Guest: Nanci Kreidman, CEO Domestic Violence Action Center.

Host: **Mandy Sukanuma**

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### BUSINESS

Program: Community in Touch (Locally Produced) (PA)

Date: January 23, 2022 Time: 6:00am-7:00am  
February 27, 2022  
March 27, 2022

Synopsis: Chamber of Commerce of Hawaii is known as the “Voice of Business” in Hawaii. A non-profit organization whose mission is to serve as the advocate for business in Hawaii. Ms. Menor-McNamara talks about Hawaii’s economic climate and how the Chamber helps the business community thrive locally, nationally, and globally. Guest: Sherry Menor-McNamara.

Host: **Mandy Sukanuma**

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### HEALTH

Program: InfoTrak (Nationally Produced) (PA)

Date: January 2, 2022 Time: 5:30am-5:45am

Synopsis: Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

Host: **Ashley Kendall**

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### GENDER EQUALITY

Program: InfoTrak (Nationally Produced) (PA)

Date: February 6, 2022 Time: 5:30am-5:45am

Synopsis: As researchers investigate reasons for America's persistent gender wage gap, one possible explanation that has emerged over the last decade or so is that women may be less competitive than men. Prof. Cassar was the co-author of a study that examined whether women are less competitive and less willing to take risks than men.

Host: **Alessandra Cassar**

### MENTAL HEALTH

Program: InfoTrak (Nationally Produced) (PA)

Date: March 6, 2022 Time: 5:30am-5:45am

Synopsis: Symptoms of depression, anxiety, and obsessive-compulsive disorders have emerged or worsened for many during the pandemic. Dr. Mathews discussed what effect the lockdowns and subsequent supply chain disruptions have had on another common but often misunderstood problem—hoarding. She explained how to distinguish between hoarding, stockpiling and panic buying, and what constitutes normal behavior in an abnormal time.

Host: **Carol Matthews**

### FITNESS

Program: InfoTrak (Nationally Produced) (PA)

Date: January 2, 2022 Time: 5:45am-6:00am

Synopsis: Dr. Gibala discussed the value of high intensity workouts. He led a study that found that bursts of short but very intense exercise appear to be just as beneficial as traditional endurance training. He explained why this type of exercise works, and how it can be a good occasional substitute for a conventional workout.

Host: **Martin Gibala**

### FINANCE

Program: InfoTrak (Nationally Produced) (PA)

Date: February 6, 2022 Time: 5:45am-6:00am

Synopsis: Mr. Saul-Sehy explained that many Americans feel too much pressure to be perfect and as a result make unnecessary errors in handling their money. He talked about the urgency of getting out of debt, and the best ways to accomplish it. He also explained the importance of setting timelines for financial goals.

Host: **Joe Saul-Sehy**

### FITNESS

Program: InfoTrak (Nationally Produced) (PA)

Date: March 6, 2022 Time: 5:45am-6:00am

Synopsis: For more than a century, team sports have been a mainstay of American childhood, but the number of kids involved had been falling even before the pandemic. Dr. O'Neill said fear of COVID-19 and much-reduced access to organized sports has caused the drop to accelerate dramatically. He talked about the potential health effects of inactivity and childhood obesity. He said physical fitness levels also have a significant impact on academic performance.

Host: **Dan O'Neill, MD**

## TECHNOLOGY

Program: InfoTrak (Nationally Produced) (PA)

Date: January 9, 2022 Time: 5:30am-5:45am

Synopsis: Technological advances in home DNA tests and online genealogy have led to a remarkable wave of adoptees locating long-lost parents and siblings. Ms. Daily shared her own story of adoption and locating her biological parents, and discussed the emotional landmines that sometimes accompany attempted reunions.

Host: **Julia Brewer Daily, MS**

## PARENTING

Program: InfoTrak (Nationally Produced) (PA)

Parenting

Date: February 13, 2022 Time: 5:30am-5:45am

Synopsis: Mr. Covey outlined what he believes are the six largest challenges faced by today's teens. He said the top challenge is dealing with the pressures of school. He also said parents have a far greater impact on their teens than they realize, much more than friends or others. He also explained why it is important for teens to learn to serve others, and to be willing to accept help from others, as well.

Host: **Sean Covey**

## EDUCATION

Program: InfoTrak (Nationally Produced) (PA)

Date: March 13, 2022 Time: 5:30am-5:45am

Synopsis: Prof. Farran was the lead author of the first statewide randomized controlled trial that followed low-income students from pre-kindergarten through sixth grade, to determine the value of pre-K programs. She was shocked at the results, which found that by third and sixth grade, poor children who attended pre-K scored lower on math, reading and science achievement tests, and were more likely to have been expelled or suspended for disciplinary infractions.

Host: **Dale Clark Farran, PhD**

## PARENTING

Program: InfoTrak (Nationally Produced) (PA)

Date: January 9, 2022 Time: 5:45am-6:00am

Synopsis: Dr. Hinkelman said teenage girls today face a plethora of major challenges, including more stress and pressure than ever before. She said eight hours per day of social media exposure has had a profound effect on girls, one that parents can scarcely relate to. She explained why girls are experiencing a significant drop in confidence between grades 5 and 9.

Host: **Lisa Hinkelman, PhD**

## HEALTH

Program: InfoTrak (Nationally Produced) (PA)

Date: February 13, 2022 Time: 5:45am-6:00am

Synopsis: Dr. Janney led a study that suggested that it may be wise for mental health providers to add exercise to their patients' treatment plans. In her survey, a large majority of mental health patients said they wanted to exercise more and believed exercise helped improve their moods and anxiety much of the time. She said psychiatrists and other providers may discuss exercise with patients in generalities, but rarely create a comprehensive exercise plan for them or regularly make sure they are adhering to a specific goal.

Host: **Carol Janney, PhD**

## DISASTER PREPAREDNESS

Program: InfoTrak (Nationally Produced) (PA)

Date: March 13, 2022 Time: 5:45am-6:00am

Synopsis: The federal government urges Americans to have a sufficient supply of emergency food and water for at least three days. Mr. Stewart outlined simple and relatively inexpensive steps anyone can take to set up an emergency food and water supply. He also discussed plans to deal with the loss of power and heat. He also explained what should be in a 72-hour survival kit, for use if someone must leave their home in an emergency.

Host: **Creek Stewart**

### AGING

Program: InfoTrak (Nationally Produced) (PA)

Date: January 16, 2022 Time: 5:30am-5:45am

Synopsis: Ms. Witzel was the lead author of a paper that found that dwelling on negative aspects of aging can have a measurable negative impact on a person's physical health and ability to respond to stress. She suggested ways to change thought patterns relating to getting older, to reduce stress.

Host: **Dakota Witzel**

### CAREER

Program: InfoTrak (Nationally Produced) (PA)

Date: February 20, 2022 Time: 5:30am-5:45am

Synopsis: Ms. Tse offered advice to anyone who dreams of starting a small business. She explained how she learned to maintain a work/life balance when faced with the stresses of owning a business. She also talked about the importance of education in being prepared for entrepreneurship, and how she deals with racism in business, as an immigrant and Asian-American.

Host: **Sarah Y. Tse**

### CONSUMER MATTERS

Program: InfoTrak (Nationally Produced) (PA)

Date: March 20, 2022 Time: 5:30am-5:45am

Synopsis: Buy now, pay later schemes are catching the eye of consumers, and, to a lesser extent, of federal regulators. The multi-billion-dollar industry says no-interest BNPL loans are more equitable than credit cards, but Mr. Bell explained how lenders still make money when a buyer theoretically pays no interest, and why these loans can be a spending trap. He said Consumer Reports believes that there is not enough government oversight of these loans.

Host: **Chuck Bell**

### **GOVERNMENT POLICIES**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 16, 2022 Time: 5:45am-6:00am

Synopsis: An estimated 20 million Americans with substance abuse problems go without treatment. Dr. Fisher shared his assessment of the ongoing overdose crisis that claimed more than 100,000 American lives last year. He explained why he believes that calling addiction a disease is not helpful for recovery, and why he thinks the division between “good” drugs and “bad” drugs is overemphasized. He also said complete abstinence may not be the best treatment goal for many with drug or alcohol abuse problems.

Host: **Carl Erik Fisher, MD**

### **EMPLOYMENT**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 20, 2022 Time: 5:45am-6:00am

Synopsis: The recent supply chain problems have been a reminder that US has a huge and long-term shortage of truck drivers. Ms. Voie said women comprise 10% of truck drivers today. She explained why she believes women are often better suited to the job than men, what is attractive about it and what needs to change to encourage women of all ages to seek a career in trucking.

Host: **Ellen Voie**

### **RETIREMENT**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 20, 2022 Time: 5:45am-6:00am

Synopsis: When most Americans ponder retirement planning, they typically think of accumulating money. But Mr. Sirak said clear planning about what to do with one’s time after retirement is equally important. He said not retiring at all may be the best option for some, while part time work is another good option for a happy retirement.

Host: **Gary Sirak**

### **PARENTING**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 23, 2022 Time: 5:30am-5:45am

Synopsis: Technology is transforming the way girls think of themselves, learn, develop social skills, and communicate with the people around them. Dr. Cohen-Sandler talked about the unprecedented changes faced by teens and their parents today. She offered suggestions to improve communication, particularly for a mother-daughter relationship. She said the current generation of teens is more sensitive and vulnerable than ever, about political and cultural trends such as the Me Too movement, Black Lives Matter and climate change.

Host: **Roni Cohen-Sandler, PhD**

### **RETIREMENT**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 27, 2022 Time: 5:30am-5:45am

Synopsis: Fewer than 1 in 5 Americans have created an online "my SocialSecurity" account to get a personalized estimate of their future retirement benefits. Ms. Rabinovich said most of the Social Security Administration's website users are older. She explained why it is important for younger workers get a good understanding now of their future retirement benefits. She said one of the primary reasons that workers haven't looked up their personal accounts is a lack of awareness the feature exists.

Host: **Lila Rabinovich**

### **HEALTH**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 27, 2022 Time: 5:30am-5:45am

Synopsis: With safe spaces and trigger warnings designed to "protect" kids, many adults worry that today's kids don't have the resilience to reach their greatest potential. Dr. Morin explained why she believes parents must strive to raise mentally strong and resilient children, and offered suggestions to do it.

Host: **Amy Morin, PhD**

## **PERSONAL HEALTH**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 23, 2022 Time: 5:45am-6:00am

Synopsis: Everyone knows that walking is a very healthy activity. Ms. Streets shared cutting-edge research and advice on how to maximize the physical and psychological benefits of walking, whether it's in an urban area or through the woods. She explained why walking within an hour of waking increases the metabolic benefits, why humming as you walk boosts natural immunity and how owning a dog can make walking far less of a chore.

Host: **Annabel Streets**

## **MENTAL HEALTH**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 27, 2022 Time: 5:45am-6:00am

Synopsis: From violent meltdowns on airliners, to abusive tweets aimed at someone with different political beliefs, signs of a meaner, angrier, and more violent America are everywhere. Dr. Kaplan said part of the answer lies in today's typical American diet. She said more than half of Americans' food intake consists of ultra-processed 'products' with virtually no micronutrient content, creating a lack of nourishment in our brains.

Host: **Bonnie J. Kaplan PhD**

## **ECONOMY**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 27, 2022 Time: 5:45am-6:00am

Synopsis: The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

Host: **Marion McGovern**

### **CLIMATE CHANGE**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 30, 2022 Time: 5:30am-5:45am

Synopsis: Prof. Harmon recently led a study that showed the vast majority of carbon stored in trees before large wildfires was still there after the fires. He said the findings are an important step toward understanding the connection between wildfires and climate-change-inducing carbon emissions, and making wiser decisions about the carbon storage and emissions implications of forest management.

Host: **Mark Harmon, PhD**

### **MENTAL HEALTH**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 30, 2022 Time: 5:45am-6:00am

Synopsis: Americans are living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, gambling, shopping, gaming, tweeting and more. Dr. Lembke outlined new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain, and what to do about it.

Host: **Anna Lembke, MD**