

Radio One

Licensee: Radio One of Texas II LLC

4th Quarter 2023

Issues and Programs Report

KHPT 106.9

Conroe, Texas

Prepared and Submitted By:

Linda Lynn

January 5, 2024

TABLE OF CONTENTS

- I. OVERVIEW**
- II. ISSUE-RELATED PROGRAMMING**
- III. PUBLIC SERVICE ANNOUNCEMENTS**

OVERVIEW

The following is a report of public service programming for the 4th quarter of 2023. During which time, the top issues of community interest & concerns were found to be:

- Animal Welfare
- Community Support
- Education & Literacy
- Environment
- Health & Wellness
- Youth Outreach

In order to meet these issues, KHPT-FM airs (2) locally produced 30-minute public affairs programs on Sundays called “Community Houston” between 5:00am – 6:00am. Additionally, KHPT-FM helps meet community issues through daily programming.

Thank you,

Linda Lynn

ISSUE-RELATED PROGRAMMING

ANIMAL WELFARE

DATE AND TIME AIRED	PROGRAM TITLE	GUEST	ORGANIZATION	DESCRIPTION OF DISCUSSION	DURATION
11/19/2023 5:00am	Community Houston	Becky Best & Noelle Delgado	Animal Welfare Alliance	The Animal Welfare Alliance is a 502c3 organization that acts as an umbrella entity for area animal shelters. The alliance supports a variety of shelters with resources out of the reach for most small shelters. The organization also advocates for humane animal rescue	60:00
11/26/2023 5:00am	Community Houston	Becky Best & Noelle Delgado	Animal Welfare Alliance	The Animal Welfare Alliance is a 502c3 organization that acts as an umbrella entity for area animal shelters. The alliance supports a variety of shelters with resources out of the reach for most small shelters. The organization also advocates for humane animal rescue	60:00

COMMUNITY SUPPORT

DATE AND TIME AIRED	PROGRAM TITLE	GUEST	ORGANIZATION	DESCRIPTION OF DISCUSSION	DURATION
10/01/2023 5:00am	Community Houston	Colleen Martin	North Houston District	North Houston district is a public/private entity that promotes better living in the north Houston	30:00

				area. Projects include beautification, parks, increased law enforcement & security, events, etc.	
10/15/2023 5:00am	Community Houston	Dr. Paul Gerson	Periwinkle Foundation	The Periwinkle Foundation develops and provides programs that positively change the lives of children, young adults and families who are challenged by cancer and other life-threatening illnesses and are cared for at Texas Children's Hospital. Periwinkle's	30:00
10/15/2023 5:30am	Community Houston	Steve Lufburiough	Goodwill Houston	Goodwill Industries is the area's leading charity for assisting people in re-establishing careers and successful lifestyles. The organization operates resell shops that provide occupational training, life skills education, and ongoing counseling.	30:00
10/22/2023 5:00am	Community Houston	Colleen Martin	North Houston District	North Houston district is a public/private entity that promotes better living in the north Houston area. Projects include beautification, parks, increased law enforcement & security, events, etc.	30:00
11/05/2023 5:00am	Community Houston	Kathleen Ornsby	SPARK Park	SPARK Parks is a Houston-based non-profit organization that builds parks on school grounds in underserved areas. The SPARK School Park Program was created to increase access to healthy recreational opportunities in the Houston area. SPARK has built over 200 community parks.	30:00
11/05/2023 5:30am	Community Houston	Kathleen Ornsby	SPARK Park	SPARK Parks is a Houston-based non-profit organization that builds parks on school grounds in underserved areas. The SPARK School Park Program was created to increase access to healthy recreational opportunities in the Houston area. SPARK has built over 200 community parks.	30:00
12/03/2023 5:30am	Community Houston	Natalie Freshour	Hot Mess Pooches	Hot Mess Pooches is a 501c3 charity that rescues at-risk dogs with a variety of	30:00

				challenges. Natalie discussed the organization's work and how it serves the community.	
--	--	--	--	--	--

EDUCATION/LITERACY

DATE AND TIME AIRED	PROGRAM TITLE	GUEST	ORGANIZATION	DESCRIPTION OF DISCUSSION	DURATION
10/08/2023 5:00am	Community Houston	Lisa Descant	Communities in Schools	Communities in Schools is a public/private entity that mentors students across the community school systems to greatly enhance graduation rates and advocates for advancing life skills	30:00
10/08/2023 5:30am	Community Houston	Lisa Descant	Communities in Schools	Communities in Schools is a public/private entity that mentors students across the community school systems to greatly enhance graduation rates and advocates for advancing life skills	30:00
10/29/2023	Community Houston	Rich Burns	Port Houston	For more than 100 years, Port Houston has owned and operated the public wharves and terminals along the Houston Ship Channel, including the area's largest breakbulk facility and two of the most efficient container terminals in the country. Port Houston is the advocate and a strategic leader for the Channel. The Houston Ship Channel Complex and its more than 200 public and private terminals, collectively known as the Port of Houston, is the nation's largest port for waterborne tonnage and an essential economic engine for the Houston region, the state of Texas and the U.S.	30:00

11/12/2023 5:00am	Community Houston	Lisa Descant	Communities in Schools	Communities in Schools is a public/private entity that mentors students across the community school systems to greatly enhance graduation rates and advocates for advancing life skills	30:00
11/12/2023 5:30am	Community Houston	Lisa Descant	Communities in Schools	Communities in Schools is a public/private entity that mentors students across the community school systems to greatly enhance graduation rates and advocates for advancing life skills	30:00
12/10/2023	Community Houston	Rich Burns	Port Houston	For more than 100 years, Port Houston has owned and operated the public wharves and terminals along the Houston Ship Channel, including the area's largest breakbulk facility and two of the most efficient container terminals in the country. Port Houston is the advocate and a strategic leader for the Channel. The Houston Ship Channel Complex and its more than 200 public and private terminals, collectively known as the Port of Houston, is the nation's largest port for waterborne tonnage and an essential economic engine for the Houston region, the state of Texas and the U.S.	30:00
12/17/2023 5:30am	Community Houston	Lisa Descant	Communities in Schools	Communities in Schools is a public/private entity that mentors students across the community school systems to greatly enhance graduation rates and advocates for advancing life skills	30:00
12/31/2023 5:30am	Community Houston	Rich Burns	Port Houston	For more than 100 years, Port Houston has owned and operated the public wharves and terminals along the Houston Ship Channel, including the area's largest breakbulk facility and two of the most efficient container terminals in the country. Port Houston is the advocate and a strategic leader for the	30:00

				Channel. The Houston Ship Channel Complex and its more than 200 public and private terminals, collectively known as the Port of Houston, is the nation's largest port for waterborne tonnage and an essential economic engine for the Houston region, the state of Texas and the U.S.	
--	--	--	--	---	--

ENVIRONMENT/CONSERVATION

DATE AND TIME AIRED	PROGRAM TITLE	GUEST	ORGANIZATION	DESCRIPTION OF DISCUSSION	DURATION
10/01/2023 5:30am	Community Houston	Christine Mansfield	Houston Arboretum	The Houston Arboretum is a non-profit nature center committed to education and advocacy of the natural environment. The center conducts tours, educational events, and social events promoting the programs.	30:00
10/22/2023 5:30am	Community Houston	Christine Mansfield	Houston Arboretum	The Houston Arboretum is a non-profit nature center committed to education and advocacy of the natural environment. The center conducts tours, educational events, and social events promoting the programs.	30:00
12/10/20203 5:00am	Community Houston	Barry Ward	Trees for Houston	Trees For Houston is a nonprofit organization whose mission is to plant, protect and promote trees throughout the Greater Houston area. Founded in 1983, more than 600,000 trees have been planted throughout the southeast Texas region.	30:00

12/24/2023 5:00am	Community Houston	Maryann Pianchantini	Katy Prairie Conservancy	The Katy Prairie Conservancy is a 501c3 organization dedicated to the preservation and development of prairie and wetland areas and the wildlife that thrive there. The organization focuses on education initiatives, active management of the prairie, and lobby efforts. Ms. Pianchantini provided an overview of the organization's history, mission, and current initiatives.	60:00
12/31/2023	Community Houston	Barry Ward	Trees for Houston	Trees For Houston is a nonprofit organization whose mission is to plant, protect and promote trees throughout the Greater Houston area. Founded in 1983, more than 600,000 trees have been planted throughout the southeast Texas region.	30:00

HEALTH & WELLNESS

DATE AND TIME AIRED	PROGRAM TITLE	GUEST	ORGANIZATION	DESCRIPTION OF DISCUSSION	DURATION
10/29/2023 5:30am	Community Houston	Lorissa Jacobs	American Heart Association	The American Heart Association is the nation's leader in heart health education and advocacy, focusing on public health and awareness of cardiovascular issues and healthy lifestyles. Larissa presented information on the organization's advocacy against the issues surrounding heart disease.	30:00
12/17/2023 5:00am	Community Houston	Lorissa Jacobs	American Heart Association	The American Heart Association is the nation's leader in heart health education and advocacy, focusing on public health and awareness of cardiovascular issues and healthy lifestyles. Larissa presented information on the organization's advocacy against the issues surrounding heart disease.	30:00

YOUTH OUTREACH

DATE AND TIME AIRED	PROGRAM TITLE	GUEST	ORGANIZATION	DESCRIPTION OF DISCUSSION	DURATION
12/03/2023 5:00am	Community Houston	Ashley Tate	Boys & Girls Club	Boys & Girls clubs of greater Houston is a 501c3 charity focusing on youth development. Ashley discussed the organization's mission and operations, and how these efforts have a positive impact on the community.	30:00

**Quarterly Public Affairs for KGLK-FM
KGLK Morning Show 5a-10a
January 1- December 31, 2023**

October:

10-2-23 – 1 BILLION dollars up for grabs with tonight's Powerball drawing ... after no big winner Saturday.

Just the thought of coffee gives most people a boost ... Researchers found just the thought of their first cup gives over 80% of coffee drinkers motivation to get out of bed in the morning.

Tom Hanks says that's not him trying to sell you dental insurance ... the actor is warning fans he has nothing to do with an A.I. video of himself promoting a dental plan online.

10-3-23 – The Powerball ... so the jackpot is now over \$1.2 BILLION for Wednesday night's drawing. No one has matched all 6 numbers since mid-July.

The Marine Corps are relaxing uniform standards because of a camouflage shortage! They're now allowing members to wear alternate uniforms due to an ongoing manufacturing shortage that will last until at least next fall.

Taco Bell is the fastest, but Chick-fil-A is most accurate at the drive thru. An annual "Drive-Thru Study" found Taco Bell's is the fastest at 4 minutes and 39 seconds from the time you pull in until you drive off. While Chick-fil-A is slowest they are the most accurate.

10-4-23 – The third largest Powerball jackpot is up for grabs tonight with \$1.2 BILLION on the line. The biggest jackpot ever was over 2 billion last November.

A local woman is lucky to be alive after a 9-inch steel bar flew through her windshield on Beltway 8. Amanda Kilian was heading to Bush airport to pick her mom up when the piece of rebar suddenly came flying at her vehicle narrowly missed her after sending broken glass everywhere.

10-6-23 – \$1.4 Billion, the 3rd biggest Powerball jackpot ever is on the line with tomorrow night's drawing.

10-9-23 – Still no big Powerball winner ... so the jackpot is now worth over \$1.5 BILLION for tonight's drawing. Texas does have 2 new millionaires though.

If you filed an extension on your 2022 taxes with the IRS here's your 1-week warning. Next Monday is the deadline to get your taxes filed.

10-10-23 – Still no big winner for last night's Powerball so the jackpot for tomorrow is now over \$1.7 BILLION ... that's the second largest in Powerball history.

Most people lie on their resumes. Over 70% admit to fabricating information on the resumes while over a third so they do it regularly. Embellishing responsibilities and changing their job titles are the top 2 things people fib about.

10-11-23 – Houstonian Mary Lou Retton is in the ICU, battling a rare form of pneumonia. Retton made history in 84 when she became the first American woman to win the all-around gold medal at the Olympics.

10-12-23 – The Powerball had a winner last night ... one ticket sold in California matched all the numbers.

A prominent Houston pastor has been ordered to pay over \$2.4 million dollars to a woman a jury found he gave herpes to. The victim contracted genital herpes from Reverend Ralph D. West the 2nd after meeting her on Facebook before hooking up in person.

Almost half of American's say they've felt a paranormal presence in their home before! A new survey out found 42% say they've some sort of paranormal presence while 16% think their home is haunted.

10-13-23 – About 21 million Americans have such a fear of Friday the 13th they'll change plans or stay home completely today ... and that causes businesses to lose about \$900 million every Friday the 13th.

If you haven't heard, the Ring of Fire solar eclipse is tomorrow, and Texas gets a full view. The Moon is so far away right now, that it's slightly smaller than the sun so it'll look like it has a "Ring of Fire" around it. No matter where you are, don't look directly at it because it can damage your eyes. It'll happen between 11:15AM to 12:01 tomorrow afternoon.

10-16-23 – Suzanne Somers died yesterday after a 23-year battle with breast cancer. Somers was best known for playing Chrissy Snow on "Three's Company". Somers was 76.

If you filed an extension with the IRS for the 2022 tax season you have until 11:59 tonight to get your returns to the IRS.

10-17-23 – If you think you may be addicted to your smart phone ... a tech expert recommends turning your screen to black and white. Colors give your brain positive reinforcements that keep you scrolling longer. Both iPhone and Android have settings that let you shut off the color.

Chick-fil-A just released its first ever cookbook and it's FREE. "Extra Helpings," features recipes for actual menu items like their coleslaw and chicken salad, but also recipes repurposing their food like a Waffle Potato Fry Frittata using Chick-fil-A's Waffle Fries. The new digital cookbook is available online now.

10-18-23 – Watching movies is good for your mental health. Some researchers found film therapy can be effective at helping people process difficult emotions which can help improve mental health.

71% of American's have at least one family recipe that was passed down. Most of them are still handwritten ... and over half of believe they have at least one recipe that so good it's worthy of being in a bestselling cookbook.

10-20-23 – United Airlines is changing its boarding process to make it go faster. Starting next Thursday People with window seats will board first, then middle seats, and people in aisle seats are last. It can shave about 2 to 3 minutes off boarding times.

Black bears are making a comeback in Texas. Sightings in the Hill Country have increased sixfold in the last 2 decade.

10-23-23 – The CIA was hacked. A glitch in the Central Intelligence Agencies X account allowed the hacker to redirect their link to his own account instead. The guy who did it calls himself an ethical hacker, so he only did it to show the CIA the vulnerability.

10-30-23 – Tributes continue to pour in for Matthew Perry who was found dead in a hot tub at his home Saturday. He was only 54. The US Geology Dept is investigating if it was meteorite that smashed through an Arkansas family's deck leaving a smoking hole... They're examining debris ... but that could take over a year to complete.

One of two offshore fishermen missing since a bad storm Friday the 13th was found alive off the coast of Washington. The unidentified fisherman set off a flare to alert a nearby fishing vessel that happened to go out farther than planned. He survived 13 days on a life raft by eating salmon he pulled from the ocean.

10-31-23 – Mary Lou Retton has broken her silence on her battle with a rare form of pneumonia. The 55-year-old Houstonian and Gold Medal Olympic Gymnast says she's slowly recovering at home but has a long road ahead.

Most American's suffer from AKRO-PHOBIA ... A new survey found the top PHOBIAS we have.

1. Acrophobia (akro-phobia) . . . the fear of heights.
2. Social phobia - the fear of other people ... social situations.
3. Arachnophobia - the fear of spiders.

November:

11-1-23 – Centuries after the Salem Witch trials, an advocacy group in Massachusetts, is working to clear nearly 200 names including that of a 4-year-old girl. Starting from the spring of 1692 over 200 people were convicted or executed for witchcraft. Yet only 31 have been exonerated.

11-2-23 – DoorDash has started warning people who DON'T pre-tip that their food might arrive cold. If you don't tip ahead, your order is less appealing to drivers, so it might take longer for someone to agree to do your delivery.

11-6-23 – Be careful driving. Research shows there's a 6% increase in car crashes after Daylight Saving Time ends.

The Florida truck driver who led authorities on a high-speed chase thru 3 Houston area counties over the weekend has been booked in. Fortunately, no one was hurt when 51-year-old Christopher Lubowski led the chase from Montgomery County to Fort Bend County sideswiping vehicles in his path, running red lights and driving over medians.

11-7-23 – It's Election Day ... polls are open now until 7PM. The Houston Mayoral race is among several statewide and local seats being decided.

A shipwreck with \$20 billion in sunken treasure will be exhumed off the coast of Colombia. 200 tons of gold, silver and emeralds are thought to be on board ... All but 11 of the 600 sailors, went down with the Spanish ship when it sunk during a battle with the British in 1708.

11-9-23 – Ten members of the Gambino crime family were arrested on racketeering and other charges. 'Mobsters' including Vinny Slick, Uncle Chichio and the Twin are accused of controlling the New York waste management and demolition industries' thru brutal violence.

11-10-23 – Happy birthday to the United States Marine Corp .. their celebrating 248 years of service.

Today is also the federal observance for Veteran's Day many services aren't running, and some schools are closed. The city of Houston cancelled tomorrow's Veteran's Day Parade due to weather.

11-13-23 – BMW, Porsche and Subaru drivers are most likely to cause accidents thru risky driving ... accident data has revealed Volkswagen and Hyundai drivers are the least likely to speed, run red lights or perform other risky maneuvers.

The National Toy Hall of Fame announced 4 toys made the cut for this year's class:

1. Baseball cards. They've been around since the 1860s.
2. Cabbage Patch Kids. They debuted in 1982.
3. Nerf. The first Nerf product was a four-inch foam ball Parker Brothers sold in 1970. They billed it as the "world's first official INDOOR ball."
4. The Fisher-Price Corn Popper that toddlers push around. Invented in 1957

11-14-23 – Triple-A expects Thanksgiving travel to be nuts this year, with over 55 MILLION people traveling. It's a 2.3% increase over last year, and the third most since 2000.

Houston is one of American's new Powerhouse cities. A combination of population spikes and headquarter migrations are among factors shifting power away from Manhattan and LA to southern cities ... Dallas, Miami and Nashville are also among the top new powerhouses.

Keeping a secret can be good for your health. A new study found that particularly if its GOOD news keeping a secret can make people feel more energized and alive.

11-15-23 – So Many People Have Died Taking Selfies That Researchers Have Dubbed It A 'Public Health Concern ... they found a big jump in number of photo related deaths since 2010 when the front facing camera on cell phones debuted.

Apple TV plus streaming is letting everyone watch "A Charlie Brown Thanksgiving" for free this Sat and Sun. The streamer bought the rights in 2020 but this weekend will let non-subscribers watch the Holiday favorite.

11-16-23 – Financial website WalletHub has crunched the numbers on upcoming Black Friday deals ... they looked at 3,500 deals from retailers to find who's got the biggest discounts I've got the top 5 for you:

1 JC Penney, 2 Macy, 3 Kohls, 4 Target, 5 Best Buy

A week ahead of the big Thanksgiving feast ... some top chefs gave their recommendations on what potato is best for mashed ... If you want them light and fluffy, use Russet potatoes. If you like thick and creamy, use Yukon gold.

There's now a car chase channel from Pluto TV where you can "watch live chases in real-time car plus video of past chases from around the country.

11-17-23 – Scientists hope to bring the Woolly mammoth back from extinction by 2028. Researchers at Colossal Bioscience plan to rebuild woolly mammoth DNA ... then insert fertilized eggs into an Asian elephant. They're trying still working out where the baby Mammoths will then be released.

11-27-23 – Americans spent a record amount online shopping online over the holiday ... near 6 billion Thanksgiving Day. 10

A three-year cruise that was supposed to depart this month got canceled last-minute and left many passengers who sold their homes scrambling. The company planning the inaugural Life at Sea Cruise acknowledged there isn't even a ship.

11-28-23 – Sunday broke a record for air travel. Over 2.9 million people went thru TSA screening at airports ... the most ever for a single day.

Today is Giving Tuesday . . . and Goodwill put out a list of the "most bizarre items people have donated" it includes A guillotine . . . taxidermy cats... and underwear for squirrels.

11-29-23 – Google will start deleting 'inactive' accounts this FRIDAY. Users need to log into all Google accounts to avoid being part of a mass purge they say is to cut down on scammers. \$374 Million jackpot is on the line with tonight's Powerball drawing.

The house from "A Christmas Story" has sold ... It will continue to operate as a museum and bed and breakfast in Cleveland.

11-30-23 – Fast walkers are less likely to have diabetes. A new study found just increasing your walking speed .62 mph is enough to drop the risk of developing type 2 diabetes regardless of how far you walk.

Male birds need to have a full repertoire of songs to land a love interest. A new study found female birds got bored quickly if the male is a one-hit wonder. They need to sing a variety of tunes to keep their mates.

December:

12-1-23 – Heads up if you're flying out of Bush airport soon. 2 new construction projects will make it tougher getting to the airport ... United announced a \$2.6 billion dollar expansion for Terminal B and a massive new baggage system is also being built that includes a 157-foot bridge going in next week.

The oldest living land animal in the world is celebrating his 191's birthday today. Jonathan a giant tortoise who lives on an island in the South Atlantic has lived decades beyond his life expectancy too... His species has an average lifespan of 150.

12-5-23 – A Georgia man's smartwatch saved his life after his dogs accidentally broke his leg. He was hiking with his dogs when ... Cinnamon and Sugar ... saw a coyote and knocked him down, breaking his femur. He couldn't reach his phone, but his Apple watch detected the fall and called 911.

You'll be a better worker if you don't give 100%. There's a new trend called the "85% rule" which says instead of giving max effort, you should loosen up a little which allows you to be more productive, creative and keeps you from burning out.

12-6-23 – Legendary TV Producer Norman Lear died yesterday at 101. Lear was known for creating some of the biggest sitcoms on TV including "All in the Family", Sanford and Son, The Jefferson's, Mary Hartman Mary Hatman "Diff'rent Strokes" and a bunch more. Medical experts warn not to hold a sneeze in – after a 30-year-old Scottish man nearly died trying. Doctors say air collected in his neck & chest when he tried to stifle the sneeze and the pressure tore his windpipe.

12-7-23 – Today is Pearl Harbor Day. Survivors, veterans, and visitors from all over the world will come together to honor and remember the 2,403 service members and civilians killed during the Japanese attack on Pearl Harbor December 7, 1941. The Powerball jackpot keeps climbing now up to 486 million for Saturday's drawing after no winner last night. Christmas tree experts are warning to shake your tree before taking it inside. If you're getting a real tree, it needs to be shaken well . . . or you could end up bringing a tree full of BUGS into your home or worse ... in some rare cases opossums, squirrels and other small animals.

12-11-23 – John Whitmire was elected to be Houston's next mayor. The 74-year-old beat Congresswoman Sheila Jackson Lee in the run-off election Saturday night. You may not want to hide Christmas presents this year because there's a good chance it may never be found. A new study reveals nearly one third of hidden items are never found. You could take a selfie next to the hidden gifts or leave a note in your phone where no one else can see it.

12-12-23 – The Eagle Toy Drive is underway and if you drop a toy off you could win Stone tickets... Outlaw Dave will be at a different location every day this week. Just donate a new toy and get qualified for Rolling Stones tickets. Today we'll be set at Tin Roof BBQ in Humble from Noon to 7PM.

Half a BILLION dollars is up for grabs tomorrow with the Powerball jackpot after no big winner last night.

The World's 'rarest alligator' was born in Florida ... it's all white with sparkling blue eye. She's not an albino but has a rare genetic disorder ... The baby was welcomed at Gator-land Park which houses three of the seven alligators currently alive.

RSVP'ing NO to holiday parties can be good for your mental health. Mental health experts say most people tend to overestimate how upset the host will be if you don't come to their party.

12-13-23 – The Eagle Toy Drive is underway and if you help you could score Stone tickets. Outlaw Dave will be at a different location every day this week. Just donate a new toy and you'll get qualified for Rolling Stones tickets. Today we'll be set at Floyd's in Pearland from Noon to 7PM.

Possibly some good news for those flying out of Bush airport this holiday ... a 2.6-BILLION-dollar construction project that was supposed to get started to overhaul Terminal B has hit a snag and won't be starting next week as planned.

12-14-23 – 3 tips to help with lost luggage if flying this holiday from a travel expert. Invest in Apple Air Tags ... take a photo of your luggage before you fly, so you can show the airline what your bags look like and put a printed copy of your itinerary in the bag, in case your outer tag rips off.

12-15-23 – A Father and daughter fishing on Lake Michigan found a 152-year-old SHIPRWECK. The duo was near Green Island when their sonar picked up what they thought was an octopus but was the 122-foot-long George L. Newman sunk during the deadly Peshtigo Fire that killed up to 1,500 people in 1871.

If you're a morning person, you might be part Neanderthal. Our ancient ancestors got it on with them, and we still have up to 4% Neanderthal DNA which has genes that govern our body clocks and most with them tend to be morning person.