

**List of significant programming
KPHW-FM, Honolulu, HI**

For the quarter beginning October 1, 2022 – December 31, 2022

All public affairs programming discussed in this report aired Sunday on either the “InfoTrak” or “Community in Touch” series at 5:30am and 6:00am respectively. “InfoTrak” is a 30-minute show. Each “InfoTrak” entry below identifies a 15-minute segment imbedded in that show. “Community in Touch” is a 60-minute show.

Through its regular ascertainment process, KPHW-FM/SummitMedia Group has determined that the following issues are important to the Honolulu, HI community:

Abuse	Personal Health
Community	Women’s Issues
Business	Consumer Matters
Education	Child Poverty
Parenting	Alzheimer’s
Finance	Traffic Safety
Environment	Aging
Crime	Transportation
Mental Health	Weight Loss

This report contains KPHW-FM /SummitMedia Group’s most significant treatment of these community issues during the 4th Quarter of 2022.

Program:	Community in Touch	<u>ABUSE</u> (Locally Produced) (PA)
Date:	October 2, 2022 November 6, 2022 December 4, 2022	Time: 6:00am-7:00am

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**

COMMUNITY

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

Date: October 9, 2022 Time: 6:00am-7:00am
November 13, 2022
December 11, 2022

Synopsis: Tolua Samifua & Eddie Tano of Lady Pasifika magazine discuss the launch of their magazine that highlights influential women of the Pacific.

Host: **David Daniels**

BUSINESS

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

Date: October 16, 2022 Time: 6:00am-7:00am
November 20, 2022
December 18, 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**

EDUCATION

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

Date: October 23, 2022 Time: 6:00am-7:00am
November 27, 2022
December 25, 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**

FINANCE

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Recent interest rate hikes by the Federal Reserve are leading to substantially higher costs for anyone with credit card debt. Mr. Rossman said roughly half of American consumers are carrying a credit card balance from month to month, and the numbers are increasing due to inflation. He offered suggestions to try to pay down debt and consolidate balances with low- or no-interest credit cards.

Host: **Ted Rossman**, Senior Industry Analyst at CreditCards.com

CAREER

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: When veterans leave the military, they face a multitude of major challenges, including a transition into higher education or a new career field. Prof. Ghosh led a recent study that found that assistance typically designed to help civilian students are also effective for veterans. She talked about the strengths that veterans can bring to a company and outlined the resources that are available to veterans to make the transition.

Host: **Arpita Ghosh, PhD**, Assistant Professor of Educational Psychology at the University of Kansas

EDUCATION

Program: InfoTrak (Nationally Produced) (PA)

Date: December 4, 2022 Time: 5:30am-5:45am

Synopsis: Prof. Goldrick-Rab was the lead author of study that found that 36 percent of students at 66 surveyed colleges and universities do not get enough to eat, and a similar number lack a secure place to live. She said skyrocketing college tuition and other fees, inadequate aid packages and growing enrollment among low-income students are some of the factors. She outlined several policy changes that could help.

Host: **Sara Goldrick-Rab, PhD**, Professor of Higher Education Policy and Sociology at Temple University

MENTAL HEALTH

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Many people, particularly men, have few friends. Prof. Franco discussed the critical importance of friendship, and how to make and keep friends in an era of distraction, burnout, and chaos. She said making friends, like cultivating any relationship, requires effort, and the idea of “friendships happening organically” is generally a myth. She outlined several specific, research-based steps to improve the number and quality of friendships.

Host: **Marisa G. Franco, PhD**, Assistant Clinical Professor in the Department of Psychology at the University of Maryland,

WOMEN'S ISSUES

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Ms. Helgesen believes that women face specific and different roadblocks from men as they seek to advance in the workplace. She discussed the most common errors made by women, and what they can do to get proper credit for their achievements at work. She also discussed how the #MeToo movement has affected job opportunities for women.

Host: **Sally Helgesen**, women's leadership consultant

EDUCATION

Program: InfoTrak (Nationally Produced) (PA)

Date: December 4, 2022 Time: 5:45am-6:00am

Synopsis: It's an age-old axiom, but is joint pain, back pain or just a feeling in your bones a reliable predictor of rainy weather? Dr. Jena led a study that examined the question and he found no relationship between rainfall and aches or pains.

Host: **Anupam Jena, MD, PhD**, Ruth L. Newhouse Associate Professor of Health Care Policy at Harvard Medical School,

PERSONAL HEALTH

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Prof. Smagula led a recent study that found that older adults with regular activity routines are happier and do better on cognitive tests. He said that his findings suggest that staying active all day and following the same routine each day are important for healthy aging and mental health.

Host: **Stephen Smagula, PhD**, Assistant Professor of Psychiatry and Epidemiology at the University of Pittsburgh

PERSONAL HEALTH

Program: InfoTrak (Nationally Produced) (PA)

Parenting

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

Synopsis: Digital eye strain is a widespread and growing problem for people of all ages. Prof. Wolffsohn led a recent study that tested the 20-20-20 rule: taking a screen break of at least 20 seconds, every 20 minutes, to look at least 20 feet away. He found the practice does help ease some of the symptoms of prolonged computer use, and he suggested ways to take breaks frequently enough.

Host: **James S W Wolffsohn, PhD**, Professor of Optometry at Aston University in Birmingham, England

CONSUMER MATTERS

Program: InfoTrak (Nationally Produced) (PA)

Date: December 11, 2022 Time: 5:30am-5:45am

Synopsis: Ms. Tellado discussed the rampant abuse of online privacy and the misuse of consumer data. She said the virtual monopolies held by four online companies are a genuine problem for privacy and consumers' rights. She believes that online algorithms are often biased towards people of color. She also discussed common misconceptions about safety testing and the mission of Consumer Reports.

Host: **Marta L. Tellado, PhD**, President and CEO of Consumer Reports,

PARENTING

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Dr. Pearlman shared advice for parents of eight- to twelve-year-old children about digital safety. She talked about the inability of kids to recognize dangers online, the pros and cons of social media and how to maintain parental limitations on smartphone use. She also explained how to impress on kids that anything posted online can potentially haunt them forever.

Host: **Catherine Pearlman, PhD**, Associate Professor of Social Work at the University of Massachusetts Global,

CRIME

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Ms. Tocci's cousin, Vanessa Marcotte, was a 27-year-old woman who, while running on a rural road in Princeton, Massachusetts, was assaulted and murdered in 2016. She offered safety tips for women to avoid violence or harassment, particularly when running. She said apps are available to track a runner's location and share it with emergency contacts. She also explained how a woman should choose routes or schedules for a run.

Host: **Caroline Tocci**, President & Co-Founder/Director of The Vanessa T. Marcotte Foundation,

AGING

Program: InfoTrak (Nationally Produced) (PA)

Date: December 11, 2022 Time: 5:45am-6:00am

Synopsis: Dr. Birnbaum is the oldest woman in America to give birth to twins, and she shared her perspective on how and why parenting has changed tremendously in recent years. She explained why she and her husband chose to have more kids later in life, and what the pluses and minuses are to older parenting.

Host: **Frieda Birnbaum, PhD**, research psychologist and psychotherapist,

RETIREMENT PLANNING

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Dr. Quinby was a co-author of a Boston College brief that asked, "After 50 Years of Progress, How Prepared Are Women for Retirement?" She said that in the 50 years since Title IX's passage, women have made major economic progress in education, earnings, and wealth, and that today, women who spend most of their lives single are as well prepared for retirement as married couples.

Host: **Laura D. Quinby, PhD**, Senior Research Economist at the Center for Retirement Research at Boston College

CHILD POVERTY

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: With little public notice, child poverty in the U.S. fell by 59% between 1993 and 2019. She said lower unemployment rates, increases in single mothers' labor force participation, and increases in state minimum wages accounted for about a third of the improvement, but that taxpayer dollars spent on social programs were also a major factor. However, disparities by race and ethnicity, natural origin and family structure persisted. She explained what other changes she believes are needed to continue the trend.

Host: **Dana Thomson, PhD**, Senior Research Scientist at Child Trends,

TRAFFIC SAFETY

Program: InfoTrak (Nationally Produced) (PA)

Date: December 18, 2022 Time: 5:30am-5:45am

Synopsis: Federal regulators appear to be taking steps toward a speed limiter mandate for commercial motor vehicles in 2023. Mr. King discussed the potential safety concerns if trucks are forced to drive slower than other traffic, including a lack of passing speed, increased congestion, and being rear-ended. He said that a nationwide 60 or 65 mph limit for trucks would create even greater safety issues in the handful of states with speed limits as high as 85 mph for cars.

Host: **Andrew King**, Research Analyst for the Owner-Operator Independent Drivers Association Foundation

PERSONAL HEALTH

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Cardiovascular disease is the leading cause of death in the U.S. across most races and ethnicities, and doctors routinely tell patients to change unhealthy lifestyles. However, Dr. Lavie's research found that doctors shouldn't take a one-size-fits-all approach to lifestyle counseling, especially for those within underserved or socioeconomically disadvantaged populations. He said customized counseling can achieve small but statistically meaningful improvements in blood pressure, cholesterol and body fat.

Host: **Carl "Chip" Lavie, MD**, Medical Director of Ochsner Health Cardiac Rehabilitation and Prevention in New Orleans

CAREER

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Ms. Duke outlined behavioral science research that shows that we are psychologically biased to grit things out for too long, even when there are clear signs that we should quit. She offered examples of how a decision to quit is affected by whether someone is winning or losing, and why we tend to increase our commitment to a losing cause.

Host: **Annie Duke**, co-founder of the non-profit student advocacy organization called The Alliance for Decision Education

ALZHEIMER'S

Program: InfoTrak (Nationally Produced) (PA)

Date: December 18, 2022 Time: 5:45am-6:00am

Synopsis: Dr. LaPlume was the lead author of a study that found that lifestyle may be more important than age in determining dementia risk, no matter how old we are. She outlined the eight major lifestyle choices that influence brain health. She said just one of those factors could reduce cognition by the equivalent of up to three years of aging.

Host: **Annalise LaPlume** Cognitive Neuroscience Postdoctoral fellow

EDUCATION

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Dr. Johnson led a study that found that students at high schools with prominent security measures, such as metal detectors, contraband sweeps, drug testing and security cameras, have lower math scores, are less likely to attend college and are suspended more frequently compared to students in schools with less surveillance. He said the policies even affect the academic performance of students who haven't exhibited behavioral problems.

Host: **Odin Johnson, Jr, PhD**, Bloomberg Distinguished Professor of Social Policy

TRANSPORTATION

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Mr. Pugh talked about private and governmental efforts to recruit military veterans into the trucking industry. He said a lack of training often results in high turnover in trucking jobs. He also discussed his organization's "Truckers for Troops" fundraising program, which raises funds for care packages sent to military members serving in combat zones, as well as the Veterans Community Project to assist homeless veterans.

Host: **Lewie Pugh**, Executive Vice President of the Owner-Operator Independent Drivers Association,

ENVIRONMENT

Program: InfoTrak (Nationally Produced) (PA)

Date: December 25, 2022 Time: 5:30am-5:45am

Synopsis: Mr. Richardson offered essential tips for getting laundry clean and making the experience more enjoyable. He talked about the environmental and health impacts of well-known laundry detergents and fabric softeners. He also offered suggestions of how to keep white clothes looking bright and how/when to remove stains.

Host: **Patric Richardson**, clothing and laundry expert

WOMEN'S ISSUES

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: About 42,000 women die of breast cancer each year in the US. Dr. Shah shared the findings of a recent survey by her organization that found that 22% of women ages 35 to 44 have never gotten a mammogram and have no plans of getting one. She outlined the potential reasons behind this trend and why this is of such great concern. She also explained why African American women often face a more aggressive disease course when faced with a breast cancer diagnosis.

Host: **Nikita Shah, MD**, Medical Oncology Team Leader for the Breast Care Center at the Orlando Health Cancer Institute

WEIGHT LOSS

Program: InfoTrak (Nationally Produced) (PA)

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

Synopsis: Prof. Pope led a recent study of the most viewed content on TikTok relating to food, nutrition and weight. She said the videos perpetuate a toxic diet culture among teens and young adults and that expert voices are largely missing from the conversation. She suggested resources for parents who are concerned about their child's weight and overall health.

Host: **Lizzy Pope, PhD, RDN**, Associate Professor, Director - Didactic Program in Dietetics, University of Vermont

BUSINESS

Program: InfoTrak (Nationally Produced) (PA)

Date: December 25, 2022 Time: 5:45am-6:00am

Synopsis: LinkedIn scams and fake Instagram accounts targeting businesses and executives are growing rapidly. Ms. Carlson discussed the most common scams, how they can dramatically affect businesses and what managers and small business owners can do to protect their companies.

Host: **Karri Carlson**, Vice President of Operations for Leadtail, a B2B social media services agency

