

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

For the quarter beginning January 1, 2024 – March 31, 2024

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/Summit Media Group has determined that the following issues are important to the Honolulu, HI community:**

Community	Public Health	Food Safety
Education	Government	Sexual Abuse
Children Education	Mental Health	Personal Finance
Alcoholism	Economy	
Personal Health	Science	
Property Taxes	Child Abuse	
Business	Government Assistance	
Substance Abuse	Housing	
Women’s Health	Emergency Services	
Consumer Matters	Aging	

**This report contains KPHW-FM /Summit Media Group’s most significant treatment of these community issues during the 1st Quarter of 2024**

**COMMUNITY**

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

Date: January 7, 2024 Time: 6:00am-7:00am  
February 4, 2024  
March 3, 2024  
March 31, 2024

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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### **CHILDREN EDUCATION**

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

Date: January 13, 2024 Time: 6:00am-7:00am  
February 11, 2024  
March 10, 2024

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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### **WOMEN'S HEALTH**

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

Date: January 21, 2024 Time: 6:00am-7:00am  
February 18, 2024  
March 17, 2024

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**

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### **BUSINESS**

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

Date: January 28, 2024 Time: 6:00am-7:00am  
February 25, 2024  
March 24, 2024

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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### **Consumer Matters**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 7, 2024 Time: 5:30am – 5:45am

**Synopsis:** Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.

**Host:** **Steve Elek**, Senior Automotive Data Analyst at Consumer Reports

### **Alcoholism**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 4, 2024 Time: 5:30am – 5:45am

**Synopsis:** Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.

**Host:** **Annie Grace**, recovering alcoholic

### **Property Taxes**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 3, 2024 Time: 5:30am – 5:45am

**Synopsis:** More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.

**Host:** **Jared Walczak**, Vice President of State Projects, Tax Foundation

### **Mental Health**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 7, 2024 Time: 5:45am – 6:00am

**Synopsis:** Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.

**Host: Mariah M. Kalmin, PhD**

### **Personal Health**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 4, 2024 Time: 5:45am – 6:00am

**Synopsis:** Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.

**Host: Nusrat Jung, D.Sc.,** Assistant Professor of Civil Engineering

### **Personal Health**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 3, 2024 Time: 5:45am – 6:00am

**Synopsis:** When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.

**Host: Satchin Panda, PhD**

### **Personal Finance**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 14, 2024 Time: 5:30am – 5:45am

**Synopsis:** Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.

**Host:** **Vijay Boyapati**, Bitcoin expert

### **Economy**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 11, 2024 Time: 5:30am – 5:45am

**Synopsis:** The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.

**Host:** **Rachel Slade**, author of *"Making It in America"*

### **Mental Health**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 10, 2024 Time: 5:30am – 5:45am

**Synopsis:** Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices than can pass down strength instead of pain, thereby breaking the cycle.

**Host:** **Mariel Buqué, PhD**, psychologist

### **Substance Abuse**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 14, 2024 Time: 5:45am – 6:00am

Synopsis: Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

Host: **Laura Stack**, founder of Johnny's Ambassadors

### **Science**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 11, 2024 Time: 5:45am – 6:00am

Synopsis: Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.

Host: **Gary Taubes**, journalist, author of "*Rethinking Diabetes*"

### **Personal Health**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 10, 2024 Time: 5:45am – 6:00am

Synopsis: Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.

Host: **Greg Hammer, PhD**

### **Child Abuse**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 21, 2024 Time: 5:30am – 5:45am

Synopsis: Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.

Host: **Bridget Freisthler, PhD**

### **Mental Health**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 18, 2024 Time: 5:30am – 5:45am

Synopsis: Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.

Host: **Jeremy Nobel, MD, MPH**

### **Food Safety**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 17, 2024 Time: 5:30am – 5:45am

Synopsis: Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.

Host: **James E. Rogers, PhD**

### **Government Assistance**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 21, 2024 Time: 5:45am – 6:00am

Synopsis: Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.

Host: **Megan Henly, PhD**

### **Women's Health**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 18, 2024 Time: 5:45am – 6:00am

Synopsis: Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but the term used today is anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.

Host: **Elizabeth Comen, MD**

### **Government**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 17, 2024 Time: 5:45am – 6:00am

Synopsis: Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis pedestrian safety.

Host: **Harvey Miller, PhD**



### **Personal Health**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 28, 2024 Time: 5:30am – 5:45am

Synopsis: Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.

Host: **Angela Fagerlin, Ph.D**

### **Aging**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 25, 2024 Time: 5:30am – 5:45am

Synopsis: Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprisingly large impact. He found that that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study's findings, along with the societal stigma of wearing hearing aids.

Host: **David Rein, PhD**

### **Emergency Services**

Program: InfoTrak (Nationally Produced) (PA)

Date: March24, 2024 Time: 5:30am – 5:45am

Synopsis: Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice.

Host: **Michael Redlener, MD**

### **Sexual Abuse**

Program: InfoTrak (Nationally Produced) (PA)

Date: January 28, 2024 Time: 5:45am – 6:00am

Synopsis: Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

Host: **Teresa Gil, PhD,**

### **Education**

Program: InfoTrak (Nationally Produced) (PA)

Date: February 25, 2024 Time: 5:45am – 6:00am

Synopsis: Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.

Host: **Christy Faith**, author of *“Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System”*

### **Parenting**

Program: InfoTrak (Nationally Produced) (PA)

Date: March 24, 2024 Time: 5:45am – 6:00am

Synopsis: Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices.

Host: **Chelsey Goodan**, academic tutor and mentor

Program: InfoTrak (Nationally Produced) (PA)

Date: March 31, 2024 Time: 5:30am – 5:45am

Synopsis: None Infotrak system down

Host:

Program: InfoTrak (Nationally Produced) (PA)

Date: March 31, 2024 Time: 5:45am – 6:00am

Synopsis: None Infotrak system down

Host: