

# Hawaii Matters

## Quarterly Report

Jan Feb Mar 2019

Air Date: January 6<sup>th</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Guests: Ed Case, U.S. Congressman

Synopsis: In this week's Hawaii Matters episode, we welcome newly elected US Congressman Ed Case. He sits down with host Devon Nekoba to discuss what he sees are some of the opportunities and challenges that await him in Washington D.C., and how he plans to make the most of his second stint as a Congressman representing the state of Hawaii.

# Hawaii Matters

## Quarterly Report

Jan Feb Mar 2019

Air Date: January 13<sup>th</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Neighborhood Board - Shawn Hamamoto

Guests: Shawn Hamamoto, Executive Director of the Neighborhood Commission Office

Synopsis: This week on Hawaii Matters, Devon welcomes in Shawn Hamamoto, Executive Director of the Neighborhood Commission Office, which oversees the Neighborhood Board System. We talk about the Neighborhood Board, what it does, and most importantly, how you can get involved in being a part of your community Neighborhood Board!

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Jan Feb Mar 2019

Air Date: January 20<sup>th</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Substance Abuse Treatment

Guests: Sterling Bear, Ku Aloha

Synopsis: Hawaii Matters host Devon sits down with Sterling Bear from Ku Aloha to talk about Substance Abuse Treatment. Dispelling myths about substance abuse addicts and about the recovery process. Discussion on the mission and role of the Ku Aloha group in servicing the community.

# Hawaii Matters

## Quarterly Report

Jan Feb Mar 2019

Air Date: January 27<sup>th</sup> , 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Personal Health

Guests:

Marni Reynolds, Na Kupuna Makamae

Carly Gaffey Na Kupuna Makamae

Synopsis: On this week's Hawaii Matters, Devon welcomes Marni Reynolds and Carly Gaffey from the Na Kupuna Makamae center to talk about one of the programs that they have been offering that is getting more and more popular, sound baths. It's a whole new way to experience sound and it's healing properties. They also discuss the healing properties of "gentle" yoga, and how Na Kupuna Makamae is helping the elderly and the succeeding generations work and play together to keep all ages healthy and happy.

# Hawaii Matters

## Quarterly Report

Jan Feb Mar 2019

Air Date: February 3<sup>rd</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Education & Community Involvement

Guests: David Miyashiro, Executive director of Hawaii Kids Can

Synopsis: This week, Devon welcomes in David Miyashiro, the founding executive director of Hawaii Kids Can, a non-profit group dedicated to helping students discover how they can use their power and interest as students to drive public policy and make a difference in the state.

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Air Date: February 17<sup>th</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Lifestyle & New Year Resolutions

Guests: Anthony Hallam, Kaiser Permanente

Synopsis: This Sunday, Devon talks to Anthony Hallam, Lifestyle Coach at Kaiser Permanente. They talk about how their lifestyle coaches can help you set and keep your New Year's Resolutions, and set SMART goals that will help you thrive in the new year.

Hawaii Matters  
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Air Date: February 24<sup>th</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Traffic Safety

Guests: Melanie Joseph, Farmers Insurance

Synopsis: On this week's Hawaii Matters, we discuss traffic and accidents in Hawaii with Melanie Joseph, Marketing Manager for Farmers Insurance. We also discuss safe driving habits and Farmers Insurance's role in serving the Hawaii community.

Hawaii Matters  
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Air Date: March 3<sup>rd</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Alzheimer's Disease

Guests: Ian Ross, Alzheimer's Association Aloha Chapter

Synopsis: In this Hawaii Matters, Devon welcomes Ian Ross, Public Policy and Advocacy Manager for the Alzheimer's Association Aloha Chapter to Hawaii Matters. He discusses the challenges of getting the proper spotlight shone on Alzheimer's disease as a public health issue, and how the disease is affecting Hawaii.



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Air Date: March 10<sup>th</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Workplace Health

Guests: Dr. John Sheehan, Kaiser Permanente

Synopsis: On this week's episode of Hawaii Matters, Dr. John Sheehan, a physiatrist from Kaiser Permanente comes by the studios to speak with Devon about workplace health issues. The main focus will be discussing the many workplace injuries that regularly happen, and how to prevent them through proper form and even exercise.

Hawaii Matters  
Quarterly Report  
Jan Feb Mar 2019

Air Date: March 17<sup>th</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Lifestyle & New Year Resolutions

Guests: Anthony Hallam, Kaiser Permanente

Synopsis: This Sunday, Devon talks to Anthony Hallam, Lifestyle Coach at Kaiser Permanente. They talk about how their lifestyle coaches can help you set and keep your New Year's Resolutions, and set SMART goals that will help you thrive in the new year.

Hawaii Matters  
Quarterly Report  
Jan Feb Mar 2019

Air Date: March 24<sup>th</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Women's Health

Guests: Dr. Mabel Wong, Kaiser Permanente Hawaii

Synopsis: In this week's show, Devon welcomes Dr. Mabel Wong, Chief of OB/GYN of Kaiser Permanente Hawaii to speak about Women's Health. She will discuss some of the specific health issues facing women today. Including reproduction, cancer and preventive measures every woman can take to keep herself healthy.

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Air Date: March 31<sup>st</sup>, 2019

Aired on : KQMQ, KUMU, KDDB, KPOI

Air Time: 6:30

Duration: 30 minutes

Topic: Rat Lungworm Disease

Guests: Kenton Kramer, John A. Burns School of Medicine

Synopsis: Discussion on Angiostrongyliasis, also known as rat lungworm disease that affects the brain and spinal cord. What is Rat Lung Worm Disease and how it is passed. Discussing what to look out for and how to prevent it.