

**Quarterly Issues Programs List for Station KKHT-FM**  
**Jan. 1 to Mar. 31, 2024**  
**Placed in The Public File Apr. 2, 2024**  
**Section I. Issues**

The station has identified the following issues as significant issues facing our community in this quarter:

**A. National Security:** Fighting political and geopolitical efforts to erode the United States National Security.

**The What's Up Show with Terry Lowry, Jan 10, 15 Minutes**, If The Other Side Wins, America is Doomed, *Topic: Lying Politicians*, Discussed by Dan McMillan with Save Democracy in America ([www.savedemocracyinamerica.org/](http://www.savedemocracyinamerica.org/)) Do negative ads really persuade voters? Is there proof that politicians lie? Do candidates craft their message to appease their donors? Why are self-funded candidates often crucified? What is the mission and purpose of *Save Democracy in America*?

**Sekulow Live, Jan 17, 50 Minutes**, Jordan, and Jay Sekulow are joined by a team of experts including Tulsi Gabbard to discuss the Biden admin striking the Houthis in Yemen.

**The What's Up Show with Terry Lowry, Jan 18, 15 Minutes**, If the Other Side Wins, America is Doomed, *Topic: Lying Politicians* Discussed by Dan McMillan. with Save Democracy in America ([www.savedemocracyinamerica.org/](http://www.savedemocracyinamerica.org/)). Do candidates craft their message to appease their donors? Why are self-funded candidates often crucified? Do negative ads really persuade voters? Is there proof that politicians lie?

**Sekulow Live, Jan 30, 50 Minutes**, Jordan is joined by Ric Grenell and Mike Pompeo to break down US troops getting killed by a drone attack in Jordan over the weekend.

**Sekulow Live, Feb 2, 50 Minutes**, Jordan Sekulow is joined by Cece Heil and Harry Hutchison to discuss Biden's State Department reviewing options for the possible recognition of a Palestinian state. T

**The What's Up Show with Terry Lowry, Feb 8, 8 Minutes**, How to Negotiate with an Aggressor, *Topic: War on Terror*, Discussed by Ambassador Francis Rooney, with Special Guests. Hamas a national security threat to the country of Israel? How should Biden and the US respond to the aggressive moves by Hamas? Who are the Houthis? How should Biden and the US respond to the aggressive moves by Houthis? What are other countries (allies of the US) doing to counter and stop the Houthis? Is this a fight worth fighting?

**The What's Up Show with Terry Lowry, Feb. 15, 10 Minutes**, Biden Can't have it Both Ways on the Gaza War, *Topic: Israel*, Discussed by Jonathan Tobin, with Jewish News Syndicate ([www.jns.org/](http://www.jns.org/)) Are members of Biden's inner circle sending pro-Palestinian signals to voters in the swing state of Michigan, many of whom are also Muslim? Does the Hamas hide behind civilians, building military structures beneath hospitals, schools, and UN facilities? President Biden is the face of US Foreign Policy. Will Israel stop before Hamas is destroyed within GAZA?

**The What's Up Show with Terry Lowry, Mar 5, 12 Minutes**, Universal Basic Income: Good or Bad for Texans? *Topic: Government Spending* Discussed by James Quintero with Texas Public Policy Foundation ([www.TexasPolicy.com](http://www.TexasPolicy.com)) What is meant by "*Universal Basic Income*" (UBI)? James Quintero explains the danger of UBI's and why there should be serious consequences if local officials ignore/break Texas law. His suggestion: "*Hit the bad actors in the pocketbook.*" Can America survive with our current (and ever increasing) out-of-control debt?

**Townhall Review, Mar 16, 20 Minutes**, Dennis Prager invites Peter Schweizer, author of: "Blood Money: Why the Powerful Turn a Blind Eye While China Kills Americans," to discuss China's responsibility for millions of American deaths due to actions including COVID-19, fentanyl trafficking, and violence facilitation. Schweizer suggests China's withholding of information and manipulation of data were deliberate strategies to maximize the impact of the pandemic and promote their own model of disease control.

- B. Spiritual and Mental Health:** The Spiritual and Mental Perils of modern life and what is being done for those who need help coping. Issues include how social media is affecting our children.

**Christian Outlook, Jan 3 & 4, 40 Minutes**, in this edition, we'll sit in the Washington D.C. Senate hearing room with Senators Marsha Blackburn, Ted Cruz and Josh Hawley as they question Instagram and Facebook CEO Mark Zuckerberg on the harm his platforms are having on teens, where it's revealed the monetary value Zuckerberg has on your teenager. John Hall and Kathy Emmons talk with Chris Martin, author of *The Wolf in Their Pockets: 13 Ways the Social Internet Threatens the People You Lead* on why social media sites are so effective at doing so much harm to children.

**Christian Outlook, Jan 6, 40 minutes**, John Hall and Kathy Emmons talk with Sarah Zylstra, an editor for the Gospel Coalition, about the implications of social media on children. They address the concerns raised by the Surgeon General, highlighting the detrimental effects of social media on the mental health of our youth.

Brian From asks Sarah Zylstra about her decision to leave social media, and she explained that witnessing the negative impact it had on Gen Z girls made her realize its detrimental effects on her own life, leading to shallow relationships and increased loneliness.

Scott Furrow invites Ryan Miller, founder of Share the Struggle, to share about the development of courses to help people manage various struggles. His organization aims to provide practical tools, foster community, and offer Jesus' love and healing.

**The What's Up Show with Terry Lowry, Jan 15, 10 Minutes**, Controlling Screen Time  
*Topic: Screen Time Addiction*, discussed by Adam Holz, with Plugged In ([www.PluggedIn.com](http://www.PluggedIn.com)). Does screen time vary for every person? Does our dedication to screen time affect our other relationships? Adam explains the scientific side of our addiction, comparing it to alcohol, drug, and even a sex addiction. What can we do to self-detox from screen time?

**The What's Up Show with Terry Lowry, Feb 9, 9 Minutes**, Controlling Screen Time  
*Topic: Screen Time Addiction*, discussed by Adam Holz, with Plugged In ([www.PluggedIn.com](http://www.PluggedIn.com)). Does screen time vary for every person? Does our dedication to screen time affect our other relationships? Adam explains the scientific side of our addiction, comparing it to alcohol, drug, and even a sex addiction. What can we do to self-detox from screen time?

**The What's Up Show with Terry Lowry, Feb 29, 12 Minutes**, Teens and Mental Health  
*Topic: Mental Health* Discussed by Dr. Joannie DeBrito with Alive to Thrive ([Learn.AliveToThrive.com](http://Learn.AliveToThrive.com)) Are mental health struggles common in teens? Dr. DeBrito discusses the negative effects of the pandemic/isolation and the many resources that are now available for recovery and stabilization. She also discusses some contributing factors to adolescent and teenage mental health issues. How can we as parents and grandparents come alongside the teens in our lives as they work through these struggles? Are teens and parents alone during these struggles?

- C. Threats to American Civil Rights and Civil Society:** Keeping track of efforts to thwart constitutional rights, including free speech, religious freedom, the right to bear arms, freedom from unreasonable search and seizure and thwarting danger posed by the “cancel culture” movement.

**Sekulow Live, Jan. 2, 50 Minutes,** Jay, and Logan Sekulow are joined by Harry Hutchison to discuss the Maine Sec. of State acting to keep Trump off the ballot in her state.

**Sekulow Live, Jan 4, 50 Minutes,** Jordan, and Jay Sekulow are joined by Andy Ekonomou to discuss a major SCOTUS case expected to be filed today regarding the 14th amendment.

**Sekulow Live, Jan 5, 50 Minutes,** Logan, and Jay Sekulow are joined by a panel of experts to break down the Supreme Court receiving Trump's 2024 ballot ban appeal.

**Sekulow Live, Jan 8, 50 Minutes,** Jordan, and Jay Sekulow are joined by a panel of ACLJ experts to break down Trump's 14th amendment case being in the hands of the Supreme Court.

**Sekulow Live, Jan 9, 50 Minutes,** Jordan, and Jay Sekulow are joined by Andy Ekonomou and CO State Party Chairman Dave Williams to discuss the Supreme Court officially taking the 2024 election case.

**Sekulow Live, Jan 10, 50 Minutes,** Jordan, and Jay Sekulow are joined by Andy Ekonomou to break down today's DC Appeals Court hearing regarding Presidential Immunity.

**The What's Up Show with Terry Lowry, Jan 26, 9 Minutes,** WHO Set to Take Control  
*Topic: World Health Organization,* Discussed by Dr. Chris Gacek, with Family Research Council ([www.FRC.org](http://www.FRC.org)). Is the *World Health Organization (WHO)* under the United Nations umbrella? In its current form, will the *Pandemic Preparedness Agreement* create new political arrangements that transfer power and decision-making from individual members to global institutions and sub-structures, run by non-elected bureaucrats? Is *WHO* gaslighting us? Should we expect surprises if the *Pandemic Preparedness Agreement* is passed and signed? Does the *Pandemic Preparedness Agreement* require the US Senate's approval?

**Sekulow Live, Feb 7, 50 Minutes** Jordan and Jay Sekulow are joined by Andy Ekonomou and Harry Hutchison to break down the DC appeals court striking down Trump criminal immunity.

**Sekulow Live, Feb 13, 50 Minutes,** Jay Sekulow is joined by Cece Heil and Rev. Pat Mahoney to discuss the ACLJ blocking the DOJ from destroying important evidence.

- D. Protecting the Unborn:** Texans continue their struggle to protect the unborn.

**The What's Up Show with Terry Lowry, Jan. 3, 13 Minutes,** Option Operation Ultrasound  
*Topic: Pro-Life Issues,* Discussed by Gary Schneeberger, with Focus on the Family [www.Family.org](http://www.Family.org). What is ultrasound? Are many, many babies saved because mothers were offered an ultrasound? What is the difference between an ultrasound and a sonogram? Are ultrasounds shown to the mother in abortion clinics? Many Crisis Pregnancy Medical Centers have ultrasound or sonogram machines, but we need to get one in ALL CPMC across America. CPMC also need trained and qualified nurses and volunteers to use the machines and counsel scared, pregnant young girls and women.

**The What's Up Show with Terry Lowry, Jan 4, 29 Minutes,** Title: Major Victory for LIFE in Texas, *Topic: Pro-Life Issues,* Discussed by Mary Elizabeth Castle, with Texas Values ([TxValues.org](http://TxValues.org)). How was the Biden Administration attempting to force doctors in Texas to perform abortions? How did the Federal 5th Circuit Court of Appeals Rule? Are Democrats attempting to bend the rules in other areas as well? Why is it important for pro-lifers to continue to fight for life?

**The What's Up Show with Terry Lowry, Jan 10, 13 Minutes**, Pro-Life Pregnancy Centers Help More Than You May Realize, *Topic: Pro-Life Issues*, Discussed by Brad Mattes, with Life Issues Institute ([Lifelssues.org](http://Lifelssues.org)). What services do pro-life pregnancy centers provide? Brad describes all the different services available to women, babies, and even men and reveals how much all the services cost. How much do pro-life pregnancy centers charge their clients? On the flip side... how much does *Planned Parenthood* charge their clients? Should pro-life pregnancy centers be lauded and appreciated instead of being attacked at unprecedented levels? Are pro-life pregnancy centers in "*competition*" with abortion centers? Do men receive counseling and other services at pro-life pregnancy centers? Do the majority of people who visit a pro-life pregnancy center for help report having a positive experience?

**The What's Up Show with Terry Lowry, Jan 18, 13 Minutes**, Pro-Life Pregnancy Centers Help More Than You May Realize. *Topic: Pro-Life Issues*. Discussed by Brad Mattes with Life Issues Institute ([Lifelssues.org](http://Lifelssues.org)). How can we all make a positive difference in the life of pre-born babies and mothers? What services do pro-life pregnancy centers provide? Brad describes all the different services available to women, babies, and even men and also reveals how much all the services cost. How much do pro-life pregnancy centers charge their clients? On the flip side... how much does *Planned Parenthood* charge their clients? Should pro-life pregnancy centers be lauded and appreciated instead of being attacked at unprecedented levels?

**Christian Outlook, Jan 27,28, 50 Minutes**, Greg Seltz and Focus on the Family's Jim Daly discuss the selfish nature of Planned Parenthood, emphasizing their focus on abortion and lack of support for women in need. They advocate for empowering the church and families to provide assistance, highlight the success of ultrasound programs in saving lives, and express concerns about the erosion of family values in society. Georgene Rice reports on the impact the Dobbs decision has had on the abortion industry, revealing that 32 states have reported a significant decrease of 31,951 legal abortions in 2022. Bill Bunkley warns about an extreme pro-abortion constitutional amendment in Florida that, if adopted, could permit abortions up to the moment of birth. Sign the petition to protect life.

**The What's Up Show with Terry Lowry, Jan 31, 25 Minutes**, The Impact of Ultrasounds *Topic: Pro-Life Issues*. Discussed by Brad Mattes. with Life Issues Institute ([Lifelssues.org](http://Lifelssues.org)). expert guests, Robyn Blessing, Joanna Cedeno, and Cassandra Tompkins share their stories on the impact of ultrasound.

**The What's Up Show with Terry Lowry, Feb 12, 9 Minutes**, The Fight for Life is Far from Over *Topic: Pro-Life Issues* Discussed by Nicole Hunt with Focus on the Family [www.Family.org](http://www.Family.org). Did the Dobbs decision increase the enthusiasm level for those promoting abortion? The Dobbs decision placed abortion laws back into the hands of each individual state. Are more states now pro-life or pro-abortion? Is there a huge need for Pregnancy Resource Centers in states that have banned abortions?

**Christian Outlook, Feb 17, 18, 10 Minutes**, Georgene Rice and Louis Anderson of Oregon Right to Life discuss the recent Oregon Supreme Court ruling that rendered 10 pro-life senator's ineligible for reelection, examining its impact on the ongoing legislative session.

**Christian Outlook, Feb 24, 25, 40 Minutes**, Brian From and Robyn Chambers, of Focus on the Family, discuss the changes in the pro-life movement post-Roe v. Wade. They highlight the Option Ultrasound program's success in supporting pregnancy centers and empowering women to choose life for their babies, with over 500,000 lives impacted positively. Brian From and Robyn Chambers, of Focus on the Family, discuss the changes in the pro-life movement post-Roe v. Wade. They highlight the Option Ultrasound program's success in supporting pregnancy centers and empowering women to choose life for their babies, with over 500,000 lives impacted positively.

**The What's Up Show with Terry Lowry, Mar 19, 11 Minutes,** The Ethics of IVF  
*Topic: Pro-Life Issues.* Discussed by Brad Mattes. with Life Issues Institute ([Lifelissues.org](http://Lifelissues.org)). What caused the most recent national debate about the ethics of IVF? Does personhood begin at conception? Approximately 60,000 babies are born each year in the US through IVF. Are hundreds of thousands of embryos frozen or destroyed along with these births?

**Christian Outlook, Mar 23, 40 Minutes, 1:00pm, 11:pm** Albert Mohler, referencing his op-ed at World.org, condemns Vice President Kamala Harris' campaign stop at a Planned Parenthood death camp in Saint Paul, Minnesota as a historic moral breach, signaling the triumph of the culture of death in U.S. politics.  
John Hall and Kathy Emmons and Pam Irizarry delve into the complex and enduring emotional toll of abortion on women's lives, challenging misconceptions propagated by the media and highlighting the need for post-abortion ministries like Deeper Still Pittsburgh to provide healing and restoration.

**The What's Up Program with Terry Lowry, Mar 25, 10 Minutes.**  
Caring for Premature Babies, *Topic: Pro-Life Issues,* discussed by Connie Walker with Special Guest, what are some memorable success stories of her career?  
What are some of the difficulties premature babies face? Is the drug surfactant successful in helping premature babies?

- E. Education Alternatives and Reform:** Coming face to face with the failures of public schools, looking for ways to improve them, as well as the benefits of private schools and home schooling. Safety issues with the pandemic, early childhood, education, CRT.

**Christian Outlook, Jan 3 & 4, 10 Minutes,** Eric Metaxas talks with Christina and Jarret LeMaster, who helped develop Legacy Christian School Private Satellite Program to equip Christian parents to teach their children at home or church. Christina encourages parents who say to themselves, "I can't do that" or "I'm not qualified" to not be so quick to say you can't. They also discuss the dangers that giving your child a smartphone can have, even one locked down

**The What's Up Show with Terry Lowry, Jan 23, 26 Minutes,** It's Time for Texas to Trust Parents. *Topic: Education Savings Accounts.* Discussed by Mandy Drogin with Texas Public Policy Foundation ([www.TexasPolicy.com](http://www.TexasPolicy.com)). Do many of those who oppose School Choice, including school administrators and teachers, have their children in private schools? Has the Texas Legislature restricted and/or interfered with home schooling in Texas since the *Leeper decision*? Is the group *Pastors for Texas Children* really a front group for teacher unions? Reverend Dave Welch reveals who funds this group and warns Christians, especially church leaders, to ignore their suggestions. Are children being forced into an atmosphere hostile to the morals and values of their parents?

**The What's Up Show with Terry Lowry, Feb 2, 15 Minutes,** The NEA Hates Children, America, and Commonsense. *Topic: Public Education.* Discussed by Linda Harvey. with Mission: America ([www.MissionAmerica.com](http://www.MissionAmerica.com)). Does the Democrat Party do the bidding of the National Education Association (NEA)? How long has the NEA impacted the education system in America? During this year's annual meeting of the *NEA*, was an amendment adopted stating: "*Forced motherhood is female enslavement*"?

**The What's Up Show with Terry Lowry, Feb 7, 8 Minutes,** It's Time for Texas to Trust Parents  
*Topic: Education Savings Accounts.* Discussed by Mandy Drogin. with Texas Public Policy Foundation ([www.TexasPolicy.com](http://www.TexasPolicy.com)). Why do some oppose School Choice in Texas? Who are the opponents? Have any of their fears or concerns happened in the 32 states and the District of Columbia that already have some form of school choice?

**The What's Up Show with Terry Lowry, Mar 25, 16 Minutes**, Are School Districts Broke or Just Broken? *Topic: Education Savings Accounts* Discussed by Mandy Drogin with Texas Public Policy Foundation ([www.TexasPolicy.com](http://www.TexasPolicy.com)). What are some school districts proposing to balance their budgets? Funding for students/schools was increased during the last Texas legislative session. So, what is causing the budget shortfalls? Are too many students across Texas not performing at grade level?

Thirty-one states plus WDC currently have some form of student voucher program such as *Education Savings Accounts*. How many of those states have seen a total collapse of any public school district?

- F. **The Politics of Division**: There are lots of divisive politics, raising a whole host of questions about the candidates and about the issues they fight for.

**Sekulow Live, Jan 11, 25, 50 Minutes**, Jordan and Jay Sekulow are joined by ACLJ Action's Bob Burkett to discuss the potential impeachment of DHS Secretary Mayorkas.

**Sekulow Live, Jan 12, 50 Minutes**, Jordan, and Jay Sekulow are joined by a full panel of ACLJ experts to break down Israel being accused of genocide by South Africa at the International Court of Justice.

**Sekulow Live, Jan 23, 1 Hour**, Jordan, and Jay Sekulow are joined by a full panel of experts to discuss Florida Governor Ron DeSantis dropping out of the presidential race.

**The What's Up Show with Terry Lowry, Jan 31, 6 Minutes**, If the Other Side Wins, America is Doomed. *Topic: Lying Politicians*, discussed by Dr. Dan McMillan, with Save Democracy in America ([www.savedemocracyinamerica.org/](http://www.savedemocracyinamerica.org/)) Do negative ads really persuade voters? Is there proof that politicians lie?

**Sekulow Live, Feb 5, 50 Minutes**, Jordan Sekulow is joined by Harry Hutchison to break down the House GOP subpoenaing Georgia DA Fani Willis.

**Sekulow Live, Feb 12, 50 Minutes**, Jordan, and Jay Sekulow are joined by a team of experts to discuss how damaging the special counsel's report is to President Biden.

**Sekulow Live, Feb 22, 50 Minutes**, Jordan, and Logan Sekulow discuss Donald Trump's town hall, and the potential VP names that were thrown out.

**Sekulow Live, Feb 26, 50 Minutes**, Jordan, and Logan Sekulow are joined by Andy Ekonomou and Jeremiah Johnston to discuss newly released cell phone records in Fani Willis disqualification case.

**Sekulow Live Mar 4, 1 Hour, Jordan** and Jay Sekulow break down the Supreme Court opting to take up the Trump immunity case.

**The What's Up Show with Terry Lowry, Mar 6, 9 Minutes**, Biden's Green Agenda is a Financial Disaster for Minority Communities, *Topic: Democrats Historically Oppressed Blacks* Discussed by Donna Jackson with Project 21 ([www.NationalCenter.org](http://www.NationalCenter.org)). What is the *Green Agenda*? Is there any equity or any justice in the *Green Agenda*? Is the Green Agenda focused on offshoring industry and manufacturing, removing good-paying jobs from able-bodied Americans?

**The What's Up Show with Terry Lowry, Mar 7, 3 Minutes**, BREAKING NEWS: US Supreme Court Unanimously Rules Trump Stays on Ballot, *Topic: Supreme Court Decisions*, Discussed by Michael O'Neill, with Landmark Legal Foundation ([www.landmarklegal.org/](http://www.landmarklegal.org/)). Is it rare for all nine US Supreme Court Justices to unanimously agree? Why did the US Supreme Court strike down the Colorado Supreme Court ruling?

Is this the end of Trump's battle to appear on every state ballot should he be the 2024 Republican Presidential nominee.

**Sekulow Live – Mar 8, 50 Minutes**, Jay, and Logan Sekulow are joined by a full panel of ACLJ experts to discuss and preview the upcoming State of the Union address.

**Sekulow Live – Mar 12, 50 Minutes**, Jay Sekulow is joined by Harry Hutchison and Andy Ekonomou to break down Biden's hot mic moment regarding Israel.

**Townhall Review, Mar 16, 40 minutes**, Hugh Hewitt and Andrew McCarthy, a former federal prosecutor in New York, discuss the future trial of former President Trump, predicting a biased jury selection process and advising Trump on his demeanor during the trial. McCarthy suggests that Trump may use the trial as a platform to speak out against what he perceives as a show trial and election interference.

**Christian Outlook, Mar 17, 15 Minutes**, Kathy Emmons talks with Carl Trueman, author of *The Rise and Triumph of the Modern Self*, about the battle the Church can no longer ignore and must face the discipling of its young people concerning sexual morality and gender identity.

**Sekulow Live, Mar 26, 50 Minutes**, Logan Sekulow and Will Haynes break down the appeals court in NY reducing President Trump's bond to \$175 million.

- G Crime and Public Safety:** Lawlessness, including issues affecting police, firefighters and other public safety workers and the Fentanyl Crisis.

**The What's Up Show with Terry Lowry, Jan 24, 23 Minutes**, Uvalde Shooting  
*Topic: Criminal Activity* Discussed by Michael Letts with IN-Vest USA ([WWW.investusa.org/](http://WWW.investusa.org/)) What is the biggest takeaway from the DOJ's Garland Report? What is NOT present in the report? Does the Garland Report suggest more (or ALL) law enforcement agencies partake in "active shooter training" to avoid future incidents such as this? What should the first officer on the scene have done? Should any of the other officers be punished for their actions/inactions in Uvalde?

**The What's Up Show with Terry Lowry, Mar 22, 12 Minutes**, Biden has a "Cure" for Fentanyl Crisis in America  
*Topic: Fentanyl Epidemic in America* Discussed by Robert Knight with Robert H Knight ([www.RobertHKnight.com](http://www.RobertHKnight.com)). Why are young people dropping dead all over America? Is there evidence that the Mexican drug cartels are paying China for the ingredients to make Fentanyl?

- H. Climate Change:** Extreme weather affecting the economy and what steps can be taken to curb further change.

**The What's Up Show with Terry Lowry, Jan 25, 9 Minutes**, Did Texas Dodge a Bullet?  
*Topic: Reliable and Affordable Energy*, Discussed by Jason Isaac, with American Energy Institute ([AmericanEnergyInstitute.com](http://AmericanEnergyInstitute.com)). During the latest deep-freeze cold snap, did Texans use more electricity than ever – more than during the storm in February 2021? What will happen to the electric grid if we get another cold snap? Did ERCOT reach out to the wind and solar suppliers for supplemental energy during the recent cold snap? Do heat pumps become electricity hogs when the temperature drops below freezing? What is a good solution?

- I. Inflation and the Economy: Concerns most Americans have about the soaring price of food.**

**The What's Up Show with Terry Lowry, Mar 14, 12 Minutes**, triggered by the Grocery Store  
*Topic: Inflation* Discussed by James Quintero with Texas Public Policy Foundation  
([www.TexasPolicy.com](http://www.TexasPolicy.com)). Have the policies of the Biden Administration and WDC spearheads  
utterly failed the majority of Americans? Do the majority of Americans say they are “*triggered*” by  
trips to the grocery store? Do most Americans believe food prices will continue to soar?  
Are many Americans living beyond their means?

**The What's Up Show with Terry Lowry, Mar 21, 13 Minutes**, Is the US Improving?  
*Topic: Economic Crisis* Discussed by Phil Kerpen. with American Commitment  
([AmericanCommitment.org](http://AmericanCommitment.org)). Is the US economy fundamentally sound? Why are millennials so  
hesitant to buy a house and start a family? Are some waking up to the lies of the Left?  
Are greedy corporations to blame for inflation?

**J. Election Security:** Watchdogs calling out the dangers and politicians proposing and passing  
laws to both enable voting and prevent cheating.

**The What's Up Show with Terry Lowry, Jan 3, 16 Minutes**, Title: Voter Fraud PROOF from the  
Violators Themselves, *Topic: Voter Fraud*, Discussed by Chris Talgo, with Heartland Institute  
([www.Heartland.org](http://www.Heartland.org)). What guardrails were eliminated in 2020 that resulted in rampant voter  
fraud? Is it extremely easy to commit voter fraud via mail-in ballots?  
How many people admitted they illegally filled out a ballot for a friend or family member?  
How many people admitted that a friend or family member illegally filled out their ballot?  
How many people admitted to illegally voting in a state they no longer lived?  
How many people admitted to illegally signing a ballot for a friend or family member.

**The What's Up Show with Terry Lowry, Feb 5, 13 Minutes**, Texans Must Keep Fighting  
*Topic: Elections Matte*, Discussed by Brian Phillips, with Texas Public Policy Foundation  
([www.TexasPolicy.com](http://www.TexasPolicy.com)). Are the majority of Texans registered to vote? How many actually vote,  
especially in a Primary Election? Is it difficult to persuade a Democrat voter to vote for a  
Republican? Is it way too early to look at the polls and determine who the winners will be?

**The What's Up Show with Terry Lowry, Feb 14, 13 Minutes**, Texas March Primary Information  
*Topic: Elections Matter* Discussed by Cindy Siegel, with Cindy Siegel,  
([www.CindySiegelForChair.com](http://www.CindySiegelForChair.com)). Do voters in Texas declare affiliation to any particular party  
when they register to vote? Can only registered voters vote in the upcoming Primary?  
Do each of the major parties in Texas, Republican and Democrat, hold separate Primaries? Are  
they on the same days? Cindy discusses the changes...  
If a voter receives the wrong ballot in the voting booth, what should they do?

**The What's Up Show with Terry Lowry, Feb 29, 9 Minutes**, A Pressure Campaign  
*Topic: Elections Matter*, Discussed by Brian Phillips, with Texas Public Policy Foundation  
([www.TexasPolicy.com](http://www.TexasPolicy.com)). *Earlier this month, a school official at Borman Elementary in the Denton  
school district sent an [email](#) pressing school employees to support anti-school choice candidates  
in the upcoming Republican primary.* Employees were told that their time would be “*covered*” and  
that the school expected everyone to vote. Have Texas Attorney General Ken Paxton and  
Senator Paul Bettencourt chimed in on this blatant misuse of taxpayer money? Is this an isolated  
incident?

**The What's Up Show with Terry Lowry, Mar 4, 12 Minutes**, Jimmy Carter's First Election was Stolen Due to Voter Fraud. *Topic: Voter Fraud*, Discussed by Hans von Spakovsky with The Heritage Foundation ([www.Heritage.org](http://www.Heritage.org)). Was there organized voter fraud in Jimmy Carter's first run for office back in 1962? Hans explains the details of the fraud that took place and what Carter personally observed in Georgetown on Election Day. Why was the *2005 Commission on Federal Election Reform* established, with former President Jimmy Carter and former Secretary of State James Baker as co-chairs? What were some of their recommendations? **NOTE:** Some of the recommendations seem completely obvious, but the same fraudulent practices are still happening!

- K. **Media Bias:** How the mainstream media in the United States and elsewhere seem to have lost all sense of balance as they lean sharply to the left.

**The What's Up Show with Terry Lowry, Mar 7, 10 Minutes**, What Happens with a Government Shutdown? *Topic: Government Shutdown*, Discussed by Tom Schatz with Citizens Against Government Waste ([www.cagw.org](http://www.cagw.org)). Whose fault is it that Congress refuses to be responsible? What happens if an appropriation's bill is not passed and signed by the President? Does the entire Federal Government shut down? Tom Schatz explains that nothing really shuts down for government employees. How much has the national debt skyrocketed since Biden took office? Who holds our debt? If you think it's China or Japan, you're wrong! Can we just refuse to pay our debt or ask for total forgiveness? Is our national debt greater than the money we spend on our national defense?

- L. **Health Care; The State of Medicaid in America. What's the Solution?**

**The What's Up Show with Terry Lowry, Feb 8, 8 Minutes**, How to Negotiate with an Aggressor, *Topic: War on Terror*, Discussed by Ambassador Francis Rooney, with Special Guests. Hamas a national security threat to the country of Israel? How should Biden and the US respond to the aggressive moves by Hamas? Who are the Houthis? How should Biden and the US respond to the aggressive moves by Houthis? What are other countries (allies of the US) doing to counter and stop the Houthis? Is this a fight worth fighting?

**The What's Up Show with Terry Lowry, Feb. 15, 10 Minutes**, Biden Can't have it Both Ways on the Gaza War, *Topic: Israel*, Discussed by Jonathan Tobin, with Jewish News Syndicate ([www.jns.org/](http://www.jns.org/)). Are members of Biden's inner circle sending pro-Palestinian signals to voters in the swing state of Michigan, many of whom are also Muslim? Does the Hamas hide behind civilians, building military structures beneath hospitals, schools, and UN facilities? President Biden is the face of US Foreign Policy. Will Israel stop before Hamas is totally destroyed within GAZA?

**The What's Up Show with Terry Lowry, Mar 15, 20 Minutes**, Health Care in Rural America. What's the Solution? *Topic: Health Care* Discussed by Andrea Hitt with Texas Public Policy Foundation ([www.TexasPolicy.com](http://www.TexasPolicy.com)). Does having an insurance card equate to available and timely health care? Is expanding Medicaid and Obamacare a sound policy? Some states have expanded Medicaid coverage while others have not. Where does Texas fall?

- M. **People in Peril:** Threat, Insecurity, Loss, Jeopardy of foster children and older adults, human trafficking, abused, abandoned children, poverty, homelessness.

**The What's Up Show with Terry Lowry, Jan 11, 14 Minutes**, caring for the Aging Par([www.cccpca.org/](http://www.cccpca.org/)). Why do some adult children hesitate to help their aging parents? Do they view it as a "chore"? When did Pastor Byron become a caregiver for his mother? Pastor Byron shares his story Why is it important to prepare for caring for an aging family member? How can we do this while also honoring the Lord? What legal documents are needed?

**The What's Up Show with Terry Lowry, Mar 8, 9 Minutes**, MSM Refuses to Report the Truth  
*Topic: Sex Trafficking* Discussed by Reverend James Harden, with Compass Care Pregnancy Services ([www.compasscarecommunity.com](http://www.compasscarecommunity.com)). Is it morally wrong to participate in child sex trafficking? It has been documented that thousands of under-age minors have been transported across our southern border without a parent or guardian. Where do these illegal children go?

**N. Issues with the Border and Immigration:** A battle that's been going on for decades dividing Democrats and Republicans on both sides of the aisles.

**The What's Up Show with Terry Lowry, Jan 29, 9 Minutes**, A Standoff on the Border. *Topic: Border Security*. Discussed by Rodney Scott, with Texas Public Policy Foundation ([www.TexasPolicy.com](http://www.TexasPolicy.com)) Have millions of people simply walked into America since Biden took office? Are many of those illegally entering America criminals? Are cartels in Mexico monopolizing human trafficking to bring illegal drugs into America? Are cartels charging their smugglers a "fee" to enter America? Rodney discusses some of the despicable ways illegals are "used" in order to gain "freedom" in America. He also offers a warning to people, especially Christians, who have fallen for the Left's LIES about who is really entering America illegally.

**The What's Up Show with Terry Lowry, Feb 7, 13 Minutes. The Border, Election, and Illegal Immigration** *Topic: Border Security*. Discussed by Robert Knight with Robert H Knight ([www.RobertHKnight.com](http://www.RobertHKnight.com)). Why do Democrats want open borders? Millions upon millions of illegal immigrants are receiving handouts from the government. Will this break the piggy bank? What is the Left planning to replace our Capitalist system with? Why do Democrats fight Voter ID Laws?

**The What's Up Show with Terry Lowry, Feb 19, 14 Minutes**, We Must Stop Illegal Immigration into the US, *Topic: Illegal Immigration*, Discussed by Dr. Shae Bradley-Farrell with Counterpoint Institute for Policy, Research, and Education ([www.counterpointinstitute.org/](http://www.counterpointinstitute.org/)). Is the Biden Administration neglecting the safety of American citizens by not vetting those coming across our borders? Are many entering the US illegally military-aged males? Did we know the intent of the 911 hijackers when they entered the US? Is the Biden Administration and Congress more interested in helping Ukraine secure their borders than they are protecting American citizens? What is the solution to fixing our border crisis?

**The What's Up Show with Terry Lowry, Feb 19, 9 Minutes**, UPDATE: Texas SB4 Illegal Immigration, *Topic: Illegal Immigration*, Discussed by Brian Phillips, with Texas Public Policy Foundation ([www.TexasPolicy.com](http://www.TexasPolicy.com)). Are some Texas elected officials attempting to curtail the flood of illegals coming across our southern border? Are Texas Democrats conspiring with the Mexican Government to thwart the law? Brian reveals who they have met with, and the outright lies being spread. How much control do drug and trafficking cartels exert over the Mexican Government? Governor Abbott will sign **SB4** into law.

**The What's Up Show with Terry Lowry, Mar 8, 12 Minutes**, Does Texas Have the Right to Secure Its Border? *Topic: Border Security*. Discussed by Dr. Robert Pacienza with Institute for Faith and Culture ([www.institutefc.org/](http://www.institutefc.org/)). Can justice and mercy walk safely side-by-side along our southern border? Why did God institute government and politics? **Dr. Pacienza discusses the importance of Romans 13**. Can justice and mercy walk safely side-by-side along our southern border? Who is right: Biden or Abbott? Who is more Christ-like in their response to the crisis at the southern border? Can America afford to welcome everyone who wants to come here to? **Dr. Pacienza** reminds us that millions of people have entered America legally. Millions more can do the same. Should all entry points be closed?

**InfoTrak Public Affairs Programs:**

**Jan 6 & 7, 8:44 Minutes, Issues covered: Electric Vehicles, Consumer Matters, Steve Elek,** Senior Automotive Data Analyst at Consumer Reports. Mr. Elek shared the 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.

**Jan 6 & 7, 8:41 Minutes, Issues covered: Mental Health, Telehealth, Youth Issues, Mariah M. Kalmin, PhD,** epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization.

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 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.

**Jan 6 & 7, 5:08 Minutes, Issues covered: Aging, social media, Annie Korzen,** social media personality, humorist, actor, author of "*The Book of Annie: Humor, Heart, and Chutzpah from an Accidental Influencer*". Ms. Korzen explained how she accidentally became a viral star on Tik Tok in her 80s, why she enjoys interacting with younger people, and how she uses humor to cope with aging. She explained why she thinks younger people are starting to look to older women for wisdom and life instructions.

**Jan 13 & 14, 8:48 Minutes, Issues covered: Alcoholism, Annie Grace,** recovering alcoholic, author of "*This Naked Mind*," founder of the This Naked Mind community. Ms. Grace shared her 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.

**Jan 13 & 14, 8:39 Minutes, Issues covered: Personal Health, Environment, Consumer Matters, Nusrat Jung, D.Sc.,** Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University. 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.

**Jan 13, & 14, 5:03 Minutes, Issues covered: Blood Donations, Public Health, Eric Gehrie, MD** Medical Director of the American Red Cross. The Red Cross announced this week that they are experiencing an emergency blood shortage, with blood inventory at critically low levels. Dr. Gehrie explained the reasons behind the current shortage and how listeners sign up to make a blood donation.

**Jan 20 & 21, 8:54 Minutes, Issues covered: Property Taxes, Inflation, Home Ownership, Jared Walczak,** Vice President of State Projects, Tax Foundation. 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.

**Jan 20, & 21, 8:29 Minutes, Issues covered: Personal Health, Nutrition, Satchin Panda, PhD,** Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies.

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.

**Jan 20 & 21, 4:43 Minutes, Issues covered: Homelessness, Veterans' Concerns, Domestic Violence.** Jas Booth, veteran, Founder of Final Salute, Inc, a non-profit organization that assists female veterans and their children who are struggling with homelessness. Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets, especially those with children. She said her organization has helped more than 5,000 women veterans who are homeless or in domestic violence situations.

**Jan 27, 28, 8:58 Minutes, Issues covered: Digital Currencies, Personal Finance, Vijay Boyapati,** Bitcoin expert, author of "*The Bullish Case for Bitcoin*". 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 digital currency.

**Jan 27, 28, 8:15 Minutes, Issues covered: Substance Abuse, Parenting, Laura Stack,** founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana. 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.

**Jan 27, 28, 5:01 Minutes, Issues covered: Personal Health, Penelope Larsen,** researcher South Wales, Australia. Hitting the gym at night won't keep you tossing and turning all night, contrary to popular belief. Ms. Larsen led a recent study that found that evening high-intensity

**Feb 3, & 4 8:43 Minutes, Issues covered: Manufacturing, Economy, Government, Rachel Slade,** author of "*Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)*". 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 it is 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.

**Feb 3, & 4 8:37 Minutes, Issues covered: Personal Health, Science, Gary Taubes,** journalist, author of "*Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments*". 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.

**Feb 3, & 4 5:04 Minutes, Issues covered: Personal Finance, Artificial Intelligence, James Royal,** analyst at Bankrate.com. Mr. Royal explained why Chat GPT and other artificial intelligences are very useful tools for financial planning and management. He outlined benefits and drawbacks of using AI for various tasks, like paying down debt, saving money, building a budget, and investing in the stock market. He noted that that the key to using AI effectively is to

ask the right questions and to understand how the AI's recommendations fit one's own financial goals and circumstances.

**Feb 10 & 11, 8:41 Minutes, Issues covered: Mental Health, Child Abuse, Mariel Buqué, PhD**, psychologist, author of "*Break the Cycle: A Guide to Healing Intergenerational Trauma*", 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 that can pass down strength instead of pain, thereby breaking the cycle.

**Feb 10 & 11, 8:35 Minutes Issues covered: Personal Health, Longevity, Greg Hammer, PhD**, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of "*GAIN Without Pain*". 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.

**Feb 10 & 11, 5:00 Minutes, Issues covered: Taxes, Transportation Infrastructure, Andreas Groehn**, Director of the Berkeley Research Group. America's roads are in bad shape and getting more wear than ever. Mr. Groehn discussed ways that road repairs and improvements may be paid for in the future, as a growing number of electric vehicle owners sidestep the gasoline taxes that currently finance road maintenance.

**Feb 17 & 18, 9:27 Minutes, Issues covered: Alcohol Abuse, Child Abuse & Neglect, Foster Care. Bridget Freisthler, PhD**, Professor in the College of Social Work at Ohio State University. 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.

**Feb 17 & 18, 7:46 Minutes, Issues covered: Government Assistance, Disabilities, Rural Concerns, Aging, Megan Henly, PhD**, Research Assistant Professor in the Institute on Disability at the University of New Hampshire. 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.

**Feb 17, & 18, 5:10 Minutes, Issues covered: Personal Health, Education, Jared W. Magnani, MD**, cardiologist at the University of Pittsburgh Medical Center, Associate Professor of Medicine at the University of Pittsburgh. Formal education typically occurs in early life, and yet it appears to influence cardiovascular health for decades, according to a study led by Dr. Magnani. He found that that on average, cardiovascular disease strikes later in life for individuals with progressively higher education levels. He discussed the results of his study and the potential reasons behind them.

**Feb 24 & 25 9:33 Minutes, Issues covered: Mental Health, Personal Health, Jeremy Nobel, MD, MPH**, founder of the nonprofit Foundation for Art & Healing, author of "*Project UnLonely: Healing Our Crisis of Disconnection*". 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.

**Feb 24, & 25, 7:47 Minutes, Issues covered: Women's Health, Domestic Abuse, Mental Health, Women's Health, Domestic Abuse, Mental Health. Elizabeth Comen, MD,** Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of "*All in Her Head: The Truth and Lies Early Medicine Taught Us About Women's Bodies and Why It Matters Today*". Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but it is now often termed 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.

**Feb 24, & 25, 5:01 Minutes, Issues covered: Home Safety, Government Regulation, Consumer Matters. Stephanie L. Bonne, MD,** Assistant Professor of Surgery, Director of the Hospital Violence Intervention Program at Rutgers New Jersey Medical School. Dr. Bonne led a study of injuries caused by glass-topped tables. She said the furniture causes thousands of injuries each year, many requiring significant surgeries and long hospital stays. She said the U.S. Consumer Product Safety Commission requires tempered glass for products like doors and car windshields, but it is voluntary for horizontal surfaces.

**Mar 2, 8:14 Minutes, Issues covered: Food Safety, Personal Health, Consumer Matters, James E. Rogers, PhD,** Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports. 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.

**Mar 2, 8:54 Minutes, Issues covered: Traffic Fatalities, Government, Harvey Miller, PhD,** Professor of Geography at Ohio State University. 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 on pedestrian safety.

**Mar 2, 5:04 Minutes, Issues covered: Scams/Crime, Senior Citizens, Marilyn Horta, PhD,** Research Scientist in the Social-Cognitive and Affective Development Lab in the Department of Psychology at the University of Florida. Each year, older adults lose more than \$28 billion to financial scams targeting the elderly. Nearly three-quarters of that money is stolen by people the elderly adult knows – people they trust. Prof. Horta shared results of her study that found that older adults have a harder time overcoming their first impressions of people's trustworthiness when that trust is violated, potentially leaving them more open to deception and scams. She offered suggestions for seniors to recognize changes in behavior in relatives or friends who may not have their best interests at heart.

**Mar 9, & 10 7:29 Minutes, Issues covered: Personal Health, Angela Fagerlin, Ph.D.,** Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation. 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.

**Mar 9 & 10, 9:40 Minutes, Issues covered: Sexual Abuse, Parenting, Mental Health, Teresa Gil, PhD**, psychotherapist, author of *“Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation.”* 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.

**Mar 9 & 10, 4:51 Minutes, Issues covered: Parenting, Obesity, Consumer Matters, Jennifer Emond, PhD**, member of the Cancer Control Research Program at Dartmouth College's Norris Cotton Cancer Center, Assistant Professor in the Department of Biomedical Data Science, Geisel School of Medicine. Advertising works, and Dr. Emond's study found that kids who were exposed to TV ads for high-sugar cereals were more likely to subsequently eat the cereals they had seen advertised. She talked about the effect this may have on diet quality and childhood obesity and offered suggestions to parents on how to maintain control of TV watching, particularly for small children.

**Mar 16, 8:50 Minutes, (6:00am, 4:30pm) Issues covered: Personal Health, Aging, David Rein, PhD**, Senior Fellow at the National Opinion Research Center at the University of Chicago. Dr. Rein led a recent study of hearing loss rates and found that where a person lives and their occupation have a surprising 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.

**Mar 16, 8:31 Minutes, Issues covered: Education, Parenting, Christy Faith**, author of *“Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System”*. 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.

**Mar 17, 5:04 Minutes, Issues covered: Child Safety, Parenting, Marceé White, MD**, Board-Certified Pediatrician, Medical Advisor for Safe Kids Worldwide, Medical Director of the Children's National Mobile Health Program. Accidental medicine poisoning sends a child under 6 to the emergency room every nine minutes, and every 12 days, a child dies. Dr. White outlined most common poisoning scenarios and the steps that parents of small children must take to avoid a tragedy.

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and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.

**Mar 23, 8:12 Minutes, Issues covered: Emergency Services, Public Health, Government, Michael Redlener, MD**, Associate Professor of Emergency Medicine at the Icahn School of Medicine of Mount Sinai. 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.

**Mar 23, 9:12 Minutes, Issues covered: Teenager Concerns, Parenting, Mental Health, Chelsey Goodan**, academic tutor and mentor, author of "*Underestimated: The Wisdom and Power of Teenage Girls*". 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 and power.

**Mar 23, 4:58 Minutes, Issues covered: Home Ownership, Consumer Matters, Legal Issues, Jeff Ostrowski**, Analyst at Bankrate.com. A recent legal settlement may change how Americans buy and sell homes. Mr. Ostrowski explained how the changes may affect commission expenses and home prices. He said the changes will take effect in July 2024, and while there may be a learning curve for consumers, the end result will be greater transparency, and the ability to negotiate with real estate agents to reduce commission costs.

**Mar 30, 8:53 Minutes, Issues covered Housing, Community Development, Government, Charles L. Marohn Jr**, land-use planner, municipal engineer, author of "*Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis*". Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal, and that approaches should be changed to allow neighborhoods to undergo incremental change over time.

**Mar 30, 8:30 Minutes, Issues covered: Personal Health, Sanja Jelic, MD**, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons. Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient's risk of heart disease, which is about two to three times higher than average. She said obesity is by far the biggest risk factor for sleep apnea. She noted that a recent study said the worldwide estimate of those with sleep apnea totals roughly 1 billion, compared to 1.2 billion with high blood pressure.

**Mar 30, 4:51 Minutes, Issues covered: Education, Pam Mueller**, graduate student, Department of Psychology, Princeton University. Laptops, tablets and other electronic devices are commonplace in today's classrooms. But Ms. Mueller co-authored a study that found that taking notes by typing, rather than writing, interferes with students' ability to process and remember information. Her research indicated that students who take notes with pen and paper recall more material and perform significantly better in class.

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