



Date aired: \_\_\_\_\_12/1\_\_\_\_ Time Aired:

Weekly Public Affairs Program

Show # 2019-48

Total running time: 29:30 (with optional exit at 24:00)

1. **Anthony G. Comuzzie, PhD**, obesity researcher and scientist with the Department of Genetics at the Texas Biomedical Research Institute in San Antonio

Recent government data shows that since the late 1980s and early 1990s, the average American has put on 15 or more additional pounds without getting any taller. Dr. Comuzzie explained why this is such a grave health concern. He also discussed potential causes and solutions to the nation's epidemic of obesity.

**Issues covered:**

**Length: 8:34**

**Obesity  
Personal Health**

2. **Doug Lamov**, literacy and education expert, Managing Director of Uncommon Schools' Teach Like a Champion team, co-author of *"Reading Reconsidered: A Practical Guide to Rigorous Literacy Instruction"*

Mr. Lamov discussed the importance of teaching students to read with precision, rigor, and insight. He explained how Common Core curriculums are affecting reading programs across the country. He believes that most students are not given challenging enough assignments. He also offered suggestions for parents who want to instill a love of reading in their children.

**Issues covered:**

**Length: 8:44**

**Education  
Literacy  
Government Policies  
Parenting**

3. **James Kingsland**, Science Production Editor of the London newspaper *"The Guardian,"* author of *"Siddhartha's Brain: Unlocking the Ancient Science of Enlightenment"*

Mr. Kingsland discussed the latest research by leading neuroscientists and clinical psychologists that suggests that mindfulness practice reconfigures the brains. He said meditation can make people healthier and happier, and that it can help treat stress, chronic pain, hypertension and substance abuse.

**Issues covered:**

**Length: 4:56**

**Mental Health  
Aging**

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