

**KZQX QUARTERLY LIST OF PROGRAMMING PROVIDING THE  
MOST SIGNIFICANT TREATMENT OF COMMUNITY ISSUES**

January 1 – March 31, 2022

**Filed 04-06-2022**

The following issues were identified as significant and addressed by KZQX in order to serve the community and act in the public interest as set forth by the Federal Communications Commission:

1. Drug and Alcohol Abuse - including information about dangerous drugs and addiction
2. Crime - including crime prevention, investigation and apprehension of offenders
3. Education - including education standards, school safety, efforts to keep up with growth in the area and budget changes.
4. Religion - including impact on daily living and inspirational stories
5. Business - including local business issues, job opportunities, personal finance issues and the state of the economy.
6. Health and Medical - including health education and awareness
7. Government - including federal policies and local issues and candidates for office
8. Weather - including weather education and warnings

The above issues and concerns were addressed in the following local, syndicated and network programming:

**Corona Virus:** Since mid-March of 2020, when the Covid-19 virus attacked the USA, we have broadcast significant coverage of its spread, aired numerous Public Service announcements about precautions that everyone should take, how to support local businesses that are affected by limited capacity declarations, and other pertinent information, including the new return to some sort of “normalcy.”

**Weather** is always a primary concern in East Texas. With frequent severe storms hitting our area, it is especially important. KZQX broadcasts a weather report Monday through Friday on the half hour, starting at 5:30 AM and ending at 6:30 PM. During weather emergencies we continue the coverage on weekends or whenever conditions dictate. Of course we also relay EAS weather alerts from the National Weather Service as they become available. A complete listing of those alerts and warnings can be found in our official EAS Log for 2022.

**Stardate**, produced by the University of Texas McDonald Observatory, teaches about the universe, astronomy and space weather. It airs three times daily, at 7:40 a.m., 12:30 p.m. and 5:20 p.m. seven days a week.

<b>January 2022</b>	<b>February 2022</b>	<b>March 2022</b>
DATE TITLE TIME	DATE TITLE TIME	DATE TITLE TIME
1 Planetary Lineup 2:00	1 February 2:00	1 Ancient Skies 2:00
2 Quadrantid Meteors 2:00	2 Moon and Jupiter 2:00	2 Ancient Skies II 2:00
3 Perihelion 2:00	3 Brightest Stars 2:00	3 Ancient Skies III 2:00
4 Moon and Saturn 2:00	4 Dog’s Head 2:00	4 Heading North 2:00
5 Moon and Jupiter 2:00	5 ‘Nu’ Stars 2:00	5 Jupiter at Conjunction 2:00
6 Bright Mergers 2:00	6 NGC 2217 2:00	6 Canopus 2:00
7 Busy Binary 2:00	7 Megamasers 2:00	7 Passing the Test 2:00
8 Morning Venus 2:00	8 Pulsar Timing 2:00	8 Moon and Taurus 2:00
9 Mercury and Saturn 2:00	9 Moon and Aldebaran 2:00	9 More Moon and Taurus 2:00
10 The River 2:00	10 Morning Mercury 2:00	10 Strange Matter 2:00
11 Double Earths? 2:00	11 Beta Cassiopeia 2:00	11 Dodging Bullets 2:00
12 Life in the Red 2:00	12 Sikhote-Alin 2:00	12 Moon and Pollux 2:00
13 Moon and Aldebaran 2:00	13 Moon and Gemini 2:00	13 The Rabbit 2:00
14 The Leviathan 2:00	14 A Giant Comet 2:00	14 Xi Puppis 2:00
15 Kepler 90 2:00	15 Giant Break-Up 2:00	15 Moon and Regulus 2:00
16 Double Duty 2:00	16 Close Neighbors 2:00	16 Active Stars 2:00
17 Moon and the Twins 2:00	17 Close Calls 2:00	17 Ek Draconis 2:00

18 Machine Learning 2:00	18 Venus and Mars 2:00	18 Morning Venus 2:00
19 Johann Bode 2:00	19 Moon and Spica 2:00	19 Moon and Spica 2:00
20 Vanishing Air 2:00	20 Hot Rocks 2:00	20 Equinox 2:00
21 Icy Visitor 2:00	21 Moon and Libra 2:00	21 Dawn Trio 2:00
22 Procyon 2:00	22 Supernova 1987 2:00	22 Moon and Antares 2:00
23 Moon and Spica 2:00	23 Moon and Antares 2:00	23 End of the World 2:00
24 Eyes and Ears 2:00	24 Dark Heart 2:00	24 Cosmic Target 2:00
25 Zubenelgenubi 2:00	25 Planetary Seasons 2:00	25 Death by Meteorite? 2:00
26 Moon and Antares 2:00	26 Moon and Planets 2:00	26 Dawn Quartet 2:00
27 Veil Nebula 2:00	27 Bernard Lyot 2:00	27 Luhman 16 2:00
28 Spirograph Nebula 2:00	28 Taking a Dive 2:00	28 Dimmer Earth 2:00
29 Colorful Butterfly 2:00		29 Seagull Nebula 2:00
30 M33 2:00		30 Owl Nebula 2:00
31 Pi Lover's Delight 2:00		31 Bubbly Surroundings 2:00

**Earth Date:** is a public service radio program with a mission to engage listeners in earth science and reconnect them to the wonders of their world. Conceived and hosted by Dr. Scott W. Tinker, Director of the Bureau of Economic Geology at The University of Texas at Austin; written and directed by Emmy-winning filmmaker Harry Lynch; and researched by Juli Hennings, a career geoscientist, EarthDate tells captivating stories to remind listeners that science can enlighten, educate and entertain. It ran Monday through Friday at 8:30 AM and 4:45 PM throughout the first quarter of 2022.

**Travel Minute:** The Peter Greenberg Travel Minute airs Monday through Friday at approximately 7:40 AM and 5:40 PM. Listeners in our broadcast area are keenly interested in traveling. This program gives useful tips and money saving suggestions for our listeners as well as information about new travel rules and restrictions due to Covid-19 and the Omicron variant as well as information about changes in travel rules and regulations.

**U.T. Nurses Health Minute:** Roughly 60 seconds per episode, this program is produced in our studios, featuring University of Texas at Tyler student nurses. It provides useful health information of interest to our listeners. Topics include: High Blood Pressure, Covid Screening, Cancer, Weight Management, Smoking, Vaping, Asthma, Tuberculosis, Diabetes, Stress Reduction and many other health related topics. This program ran 422 times during the first quarter of 2022.

**Public Service Announcements:** Topics covered include:

Free Covid Vaccination locations, Drunk driving, High Blood Pressure Screening, Child Protective Services, Kilgore Fuller Center Re-Purpose Store, The Texas Museum of Broadcasting & Communications, Main Street Kilgore, City of Kilgore, Gaston Museum, Spirits of Oakwood – Tyler, Tyler Area Senior Citizens Association, Exxon-Mobile retirees Club, Don't Drive Drunk (TXDOT), University of Texas Health Science Center, Kilgore College, Depot Museum - Henderson, Tyler Senior Center, East Texas Symphonic Band, Reel East Texas Film Festival, Texas Parks & Wildlife and Texas Department of Transportation "Don't Mess With Texas," Driver Safety and many other topics. Altogether, KZQX broadcast a total of 3738 public service announcements in the three month period ending March 31, 2022.

KZQX devotes a great deal of air-time urging listeners to send information about their community events. Our web site includes directions for submitting their announcements, friendly tips about how to write it, and a handy "submit" form to make it easy for them to submit information.

**USA Radio News Report** provides up to the minute news, health and financial information that affect all our lives. The program runs at the top of the hour from 7:00 AM until 6:00 PM Monday through Friday.

**The Gospel Brunch** airs every Sunday morning from 8:00 AM until 12:00 Noon. Due to popular demand, it was expanded to four hours (from its original three hours) in August of 2021. It features music and programming to address the spiritual needs of the community.

**InfoTrack**, a weekly 30 minute public affairs program, runs Sundays at approximately 6:00 AM. It features a variety of topics of interest to our community, including, Corona Virus, Legal issues, Consumer Matters, Mental Health, Teen Suicide, Crime, Parenting, Energy Issues, Personal Health, Obesity, Environment, Retirement Planning, Poverty, Public Health, Minority Issues, Personal Health, Youth Concerns, Traffic Safety, Government Spending and regulations, Minority Concerns, Domestic Violence, Women's Issues. Drunk Driving, Substance Abuse, and more. A full run down of each program is as follows:

Show # 2021-40

**Date aired: 10-3-21**

**Time Aired: 6:04:08**

**Jack Kosakowski**, President and CEO, Junior Achievement USA

Mr. Kosakowski discussed a Junior Achievement USA survey that found that 77 percent of parents are concerned about their children's ability to have a successful job or career as adults, in light of global competition and automation. He talked about the rapidly changing career environment, and how Junior Achievement is adapting to today's tech environment to help teenagers.

**Issues covered:**

**Length: 8:04**

**6:07:08**

**Youth Concerns, Careers, Parenting**

**Dale Bredesen, MD**, NIH Postdoctoral Fellow at the University of California, San Francisco, author of "*The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*"

Dr. Bredesen said his research has determined that Alzheimer's disease is not a single condition, but three similar ones--each with a different cause. He said new research is giving hope that the disease can be prevented and, under certain circumstances, even reversed. He said every American should get a cognitive and genetic test at age 45, to determine their likelihood of developing Alzheimer's.

**Issues covered:**

**Length: 9:15**

**6:17:12**

**Alzheimer's Disease, Aging**

**Craig Gunderson, PhD**, Soybean Industry Endowed Professor in Agricultural Strategy, Professor in the College of Agricultural, Consumer and Environmental Sciences Department of Agricultural and Consumer Economics at the University of Illinois

Dr. Gunderson led a study that found that 5.4 million people age 60 or older in the U.S., or 8.1 percent, did not have enough food for an active, healthy lifestyle. He explained how food insecurity adversely affects a senior citizen's health, and why many low-income seniors fail to take advantage of government programs available to them.

**Issues covered:**

**Length: 4:46**

**6:27:27**

**Hunger, Poverty, Senior Citizens, Government Programs**

Show # 2021-41

**Date aired: : 10-10-21**

**Time Aired: 6:02:08**

**Roby Greenwald, PhD**, Assistant Professor from the School of Public Health, Georgia State University

Traffic pollution research has traditionally been conducted with outdoor roadside sensors.

Dr. Greenwald led a study with sensors mounted inside the passenger compartments of cars, and found that interior pollution levels were twice as high as previously thought. He talked about the various forms of pollution he found and their potential health effects.

**Issues covered:**

**Length: 8:54**

**6:05:08**

**Pollution, Personal Health**

**Rebekah H. Nagler, PhD**, Assistant Professor in the Hubbard School of Journalism & Mass Communication, University of Minnesota

Dr. Nagler led a study that found that most American women aren't aware of the risks of over-diagnosis and overtreatment in regards to breast cancer screening. She discussed the challenges of educating women about these risks so they can make informed decisions about mammograms and breast cancer screening.

**Issues covered:**

**Length: 8:18**

**6:16:02**

**Cancer, Women's Issues**

**David Rabiner, PhD**, Senior Research Scientist in the Department of Psychology & Neuroscience at Duke University

The use of "study drugs" -- prescription medications used illegally by college students improve their academic performance--is on the rise. Dr. Rabiner said the drugs of choice are those typically used to treat ADHD. He discussed the question of whether the practice is a form of academic cheating. He added that students who use these medications without a prescription typically have higher rates of drug and alcohol abuse, perform worse academically and are more stressed out about their grades.

**Issues covered:**

**Length: 4:57**

**6:25:20**

**Substance Abuse, Education**

Show # 2021-42

**Date aired: 10-17-21**

**Time Aired: 6:00:59**

**David Mazer, MD**, anesthesiologist at St. Michael's Hospital and Professor in the Departments of Anesthesia and Physiology at the University of Toronto

Dr. Mazer was the co-author of a study that found that adults under 45 years old, who consumed cannabis within the last 30 days, suffered from nearly double the number of heart attacks than adults who didn't use the drug. He said the trend was evident whether cannabis was smoked, vaped or eaten as an edible. He outlined the lessons that can be learned from the research.

**Issues covered:**

**Length: 7:00**

**6:03:59**

**Drug Abuse, Personal Health**

**Joanna Quinn, M.Ed.**, former middle school teacher, founder of Super Empowered One, an organization dedicated to building confidence in kids, author of "*Greta Grace*," a book focused on bullying and self-esteem

According to StopBullying.gov, one in five kids between the ages of 12 and 18 have experienced bullying. Ms. Quinn outlined the typical signs of bullying and what parents should do if their child is either a victim or a bully. She talked about the increasing role that schools play in the prevention of bullying.

**Issues covered:**

**Length: 10:00**

**6:12:59**

**Bullying, Youth at Risk, Parenting**

**Elizabeth Klodas, MD, FACC**, cardiologist, Founder and Chief Medical Officer for Step One Foods, author of "*Slay the Giant: The Power of Prevention in Defeating Heart Disease*," founding Editor-in-Chief of the patient education effort of the American College of Cardiology

About 38% of American adults have high cholesterol, according to the Centers for Disease Control. Dr. Klodas discussed the problem, and explained how dietary changes can make a significant difference in cholesterol levels. She said it is important to address the cause of the problem, rather than the symptom.

**Issues covered:**  
**Nutrition, Personal Health**

**Length: 5:21**

**6:23:59**

Show # 2021-43

**Date aired: 10-24-21**

**Time Aired: 5:59:03**

**Manny Centeno**, Program Manager of the Integrated Public Alert and Warning System, part of the Federal Emergency Management Agency

Mr. Centeno outlined what the public needs to know about the Emergency Alert System, and provided real-life examples to illustrate why EAS is so important to public safety. He also discussed the purpose of "Primary Entry Point" radio stations and details of the all-hazards upgrades at those 77 stations, to add special air scrubbing for chemical, biological and radiological protection, EMP resistance and emergency power generation. He also mentioned the role played by satellite, cable systems and the internet via desktop and mobile phone alerts.

**Issues covered:**

**Length: 9:27**

**6:02:03**

**Disaster Preparedness, Public Safety, Government**

**Amanda Paluch, PhD**, Physical Activity Epidemiologist at the University of Massachusetts, Amherst

Prof. Paluch led a study that found that walking at least 7,000 steps a day--about 3-4 miles--reduced middle-aged people's risk of premature death from all causes by 50% to 70%, compared to those who took fewer daily steps. She found that 7000-10,000 steps range was the "sweet spot," because walking more than 10,000 steps per day, or walking faster, did not further reduce the risk.

**Issues covered:**

**Length: 7:47**

**6:13:30**

**Personal Health, Physical Fitness**

**Vanessa Bohns, PhD**, Associate Professor in the Department of Organizational Behavior at the New York State School of Industrial and Labor Relations at Cornell University

Work emails are sent at all hours of the day and night now, and are a tremendous source of stress, whether someone works in an office or remotely. Prof. Bohns said people can limit the negative impact of email, by not necessarily sending less email, but by sending better emails that clearly define how urgently they expect a response.

**Issues covered:**

**Length: 5:06**

**6:22:17**

**Workplace Matters, Stress Reduction**

Show # 2021-44

**Date aired: 10-31-21**

**Time Aired: 5:59:36**

**Eric Garcia**, journalist, author of "*We're Not Broken: Changing the Autism Conversation*"

Mr. Garcia shared his story of living with autism, to explain the social and policy gaps that often fail to help Americans across the autism spectrum. He said society has not listened to the needs of the autistic community. He outlined several misconceptions, including the belief that there is an autism epidemic, because diagnostic criteria were expanded in the 1990s.

**Issues covered:**

**Length: 9:05**

**6:02:36**

**Autism, Government Policies**

**Sarah Foster**, Bankrate.com analyst

Higher education is one of the most important financial decisions most young people make, and Bankrate.com recently completed a study that ranked the most and least valuable college majors. Ms. Foster shared the rankings, as well as what crucial factors college students should consider when deciding on a major.

**Issues covered:**

**Length: 8:05**

**6:13:41**

**Higher Education, Career**

**Elaine Parke**, author of *“The Habits of Unity: 12 Months to a Stronger America...One Citizen at a Time”*

Recent news has cast Facebook in a less than flattering light. Ms. Parke says, like anything, the positive or negative influences of Facebook depend on how you use it. She said in a time of political division and social strife, paying closer attention to the social media Americans are exposed to—or taking a break from Facebook—might be good for their mental health.

**Issues covered:**

**Length: 4:59**

**6:22:46**

**Mental Health, Social Media**

Show # 2021-45

**Date aired: 11-07-21**

**Time Aired: 6:00:46**

**Jen Fisher**, US Chief Well-being Officer at Deloitte, a multinational professional services network, author of *“Work Better Together: How to Cultivate Strong Relationships to Maximize Well-Being and Boost Bottom Lines”*

1 in 4 adults struggle with mental health challenges, and those suffering often hide it at work for fear of discrimination from peers or bosses. Ms. Fisher explained how companies can encourage open and honest conversations to remove the stigma surrounding mental health. She also said companies need to redefine the concept of sick days, to improve mental as well as physical health.

**Issues covered:**

**Length: 8:59**

**6:03:46**

**Mental Health, Workplace Matters**

**Patty Alper**, President of the Alper Portfolio Group, author of *“Teach to Work: How a Mentor, a Mentee, and a Project Can Close the Skills Gap in America”*

Millions of Americans are looking for new jobs right now, largely because they’re simply not satisfied with where they are. Ms. Alper explained why mentors are important for the success of both employees and a company overall. She also outlined the questions an applicant can ask to determine the accessibility to mentors throughout a company. She also discussed her work in recruiting CEOs to mentor inner-city youth.

**Issues covered:**

**Length: 8:11**

**6:14:45**

**Career, Mentoring**

**Shannon Carpenter**, stay-at-home dad. author of *“The Ultimate Stay-At-Home Dad: Your Essential Manual for Being an Awesome Full-Time Father”*

There are over 2 million stay-at-home dads in the United States, not including those with part-time jobs. Mr. Carpenter shared his own story of becoming a stay-at-home dad and the lessons he tries to share with other men considering it. He talked about the isolation often faced by stay-at-home dads, and recommended support groups to help.

**Issues covered:**

**Length: 5:00**

**6:23:56**

**Parenting, Mental Health**

Show # 2021-46

**Date aired: 11-14-21**

**Time Aired: 6:00:20**

**Gary Zimmerman**, founder and CEO of the web site MaxMyInterest.com

Today, the average US savings account pays 0.06 percent interest annually, an annual return of just \$6 in interest on a \$10,000 nest egg. Mr. Zimmerman’s company aims to help consumers holding high amounts of cash automatically find the best available interest rate. He talked about reasons behind rising inflation and the current economic conditions. He explained why banks are paying such low rates, and when the trend may change.

**Issues covered:**

**Length: 8:24**

**6:03:20**

**Economy, Personal Finance**

**Carl Hanson, PhD**, Professor of Public Health, Brigham Young University

Researchers from Brigham Young University, Johns Hopkins and Harvard have created an algorithm that can predict suicidal thoughts and behavior among adolescents with 91% accuracy. Prof. Hanson was one of the co-authors of the study, and he said the two primary risk factors related to personal connections: family relationships, and friendships with peers.

**Issues covered:**

**Length: 8:57**

**6:13:44**

**Suicide, Youth at Risk, Mental Health,  
Substance Abuse**

**Sung Rhee**, CEO and founder of Optimal, a higher education data research company

A recent survey found that more than half of teens today are gravitating toward a skill-based education, and almost half are leaning toward programs that can be completed within two years. Mr. Rhee's organization recently published an analysis titled "Coding Bootcamp vs College: Which Will Help You Land the Most Prestigious Jobs in the Tech Industry?" He explained what a coding boot camp teaches and who is a likely candidate to attend. **Issues covered:**

**Length: 5:11**

**6:23:41**

**Career, Higher Education, Technology**

Show # 2021-47

**Date aired: 11-21-21**

**Time Aired: 6:01:21**

**Hua Cai, PhD**, Associate Professor of Environmental and Ecological Engineering, and Industrial Engineering at Purdue University

Most consumers want to make food purchases that are smart for their wallets, their health and the environment. Prof. Cai led a study that examined grocery purchase records of over 57,000 U.S. households, finding that 71% of homes surveyed could decrease their food carbon footprint, via three simple changes in their shopping habits.

**Issues covered:**

**Length: 8:40**

**6:04:21**

**Climate Change, Consumer Matters**

**Daniel Laroche, MD**, glaucoma specialist, Director of Glaucoma Services and President of Advanced Eyecare of New York, Clinical Assistant Professor of Ophthalmology with the Icahn School of Medicine at Mount Sinai Medical Center

Dr. Laroche explained why a yearly eye exam is so critical. He outlined the most common symptoms of glaucoma, who is at greatest risk, and why people of color are in the highest risk category. He also discussed the latest treatment options to lower eye pressure and eliminate the need for medication.

**Issues covered:**

**Length: 8:37**

**6:15:01**

**Glaucoma, Personal Health, Minority Concerns**

**Anna Joyce, PhD, MSc**, Lecturer in Psychology, specializing in developmental psychology, atypical development, and sleep at Regent's University London

Sleep problems are common in children and are known to detrimentally affect language and cognitive abilities, as well as academic achievement. Prof. Joyce led a study that examined the connection between sleep-disordered breathing and daytime sleepiness in children and reading skills. She offered advice for parents to improve the quality of their child's sleep.

**Issues covered:**

**Length: 5:10**

**6:24:38**

**Children's Health, Education,  
Parenting**

Show # 2021-48

**Date aired: 11-28-21**

**Time Aired: 6:00:16**

**Suzanne Bouffard, PhD**, expert in child development and education, author of *“The Most Important Year: Pre-Kindergarten and the Future of Our Children”*

Dr. Bouffard discussed the critical importance of pre-school programs. She noted that children who attend quality pre-K programs have a host of positive outcomes including better language, literacy, problem-solving and math skills later in school. She said also they have a leg up on the most essential skill: self-control. She offered advice for parents on how to choose a quality pre-school.

**Issues covered:**

**Length: 8:41**

**6:03:16**

**Education, Parenting**

**Robert Stern, Ph.D.**, Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, Director of the Clinical Core of the Boston University Alzheimer’s Disease Center, Director of Clinical Research for the Boston University Chronic Traumatic Encephalopathy (CTE) Center

Dr. Stern led a study that found that athletes who began playing tackle football before the age of 12 had more behavioral and cognitive problems later in life than those who started playing after they turned 12. He outlined the symptoms of CTE, and discussed the factors that parents should consider before allowing their child to participate in contact sports.

**Issues covered:**

**Length: 8:32**

**6:13:57**

**Youth at Risk, Personal Health, Parenting**

**Julia Leonard**, graduate student in Brain and Cognitive Sciences at the Massachusetts Institute of Technology

Ms. Leonard was the first author of a study that found that when 1-year olds observe an adult persisting at a challenging task, they themselves try harder when faced with a problem. She explained why developing perseverance in early childhood pays off later in school and other pursuits.

**Issues covered:**

**Length: 5:02**

**6:23:29**

**Child Development, Parenting**

Show # 2021-49

**Date aired: 12-5-21**

**Time Aired: 5:58:45**

**Elliott Haut, MD, FACS**, Associate Professor of Surgery and Anesthesiology & Critical Care Medicine, Johns Hopkins University School of Medicine

Dr. Haut led a study that found that victims of gunshots or stabbings taken to a trauma center by private vehicle were 62% less likely to die compared to victims transported by an ambulance or EMS vehicle. He talked about the possible reasons behind this finding. He also explained why it is so important for the average person to be taught how to use direct pressure to stop bleeding.

**Issues covered:**

**Length: 9:00**

**6:01:45**

**Emergency Preparedness, First Aid, Personal Health**

**Vicki Bogan, PhD**, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University, founder and director of the Institute for Behavioral and Household Finance

Mental health problems can have a large negative effect on retirement savings, according to Dr. Bogan’s research. She discussed her study, which found that people with anxiety and depression are nearly 25 percent less likely to have a retirement savings account, and their savings are dramatically smaller than those without psychological distress.

**Issues covered:**

**Length: 8:08**

**6:12:45**

**Mental Health, Retirement Planning**

**May McCarthy**, serial entrepreneur, author of *“The Path to Wealth: Seven Spiritual Steps to Financial Abundance”*

Ms. McCarthy talked about the biggest surprises encountered by people who start their own business. She described the characteristics of successful entrepreneurs, and why owning a business can be very rewarding.

**Issues covered:**

**Length: 4:51**

**6:21:53**

**Entrepreneurism, Career**

Show # 2021-50

**Date aired: 12-12-21**

**Time Aired: 5:59:16**

**Alison Gemmill, PhD, MPH**, Assistant Professor in the Department of Population, Family and Reproductive Health at Johns Hopkins Bloomberg School of Public Health

2020 saw the fewest babies born relative to the population of women between 15 and 44 of any year in American history. Prof. Gemmill discussed the most significant reasons behind the drop in US birthrates, the social effects a declining population may cause, and what steps in public policy may change the trend.

**Issues covered:**

**Length: 8:48**

**6:02:16**

**Population, Government Policies,  
Parenting**

**Grant Donnelly, PhD**, Assistant Professor of Marketing at The Ohio State University's Fisher College of Business

Several US cities have instituted taxes on drinks with added sugar, in order to reduce consumption. Prof. Donnelly led a study that examined whether price tags that specifically mentioned the tax would change consumers' buying decisions. He said the tax falls harder on low-income consumers.

**Issues covered:**

**Length: 8:13**

**6:13:04**

**Taxes, Consumer Matters ,  
Personal Health**

**Bree Fowler**, Senior Security expert at CNET

An estimated \$63 billion in holiday packages will be delivered to homes this holiday season, and a recent survey found that 43% of Americans have had at least one package stolen from their porch. Ms. Fowler outlined simple steps online shoppers can take to deter porch pirates.

**Issues covered:**

**Length: 5:12**

**6:22:17**

**Crime, Consumer Matters**

Show # 2021-51

**Date aired: 12-19-21**

**Time Aired: 5:59:43**

**Tim Larkin**, self-defense expert, author of "*When Violence Is the Answer: Learning How to Do What It Takes When Your Life Is at Stake*"

Mr. Larkin discussed the use of violence in self-defensive situations. He discussed ways to prevent, prepare for, and survive violent encounters with criminals. He said that violence is a tool equally effective in the hands of the "bad guy" or the "good guy" and that the person who acts first, fastest and with the full force of their body is the one who typically survives a violent incident.

**Issues covered:**

**Length: 9:21**

**6:02:43**

**Personal Defense, Crime**

**Gail Heyman, PhD**, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

**Issues covered:**

**Length: 7:50**

**6:14:04**

**Racial Bias, Diversity**

**Doug Abrams**, author of *"The Book of Joy Journal"*

Mr. Abrams discussed a conversation he moderated between Archbishop Desmond Tutu and His Holiness the Dalai Lama, on the topic of joy. He explained how these two men have intentionally found joy in their lives, despite the hardships they have faced and the many atrocities they have witnessed.

**Issues covered:**

**Length: 4:54**

**6:22:54**

**Mental Health**

Show # 2021-52

**Date aired: 12-26-21**

**Time Aired: 5:58:41**

**Scott Galloway, PhD**, Professor of Marketing in the Stern School of Business, New York University, author of *"The Four: The Hidden DNA of Amazon, Apple, Facebook, and Google"*

Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Dr. Galloway discussed the concerns in allowing individual companies to have such dominance over American consumers and whether these companies are playing by the rules applied to other businesses.

**Issues covered:**

**Length: 8:56**

**6:01:41**

**Government Regulations,  
Consumer Matters, Economy**

**Katreena Scott, PhD**, Associate Professor in the Department of Applied Psychology and Human Development, University of Toronto

Dr. Scott led a study that examined how the workplace is affected by an employee who is involved in domestic violence. She said not only does it result in lowered productivity, but a third of the men reported that they used workplace time and resources to continue to engage in emotionally abusive behavior. She explained how employers can offer assistance for employees with domestic violence issues.

**Issues covered:**

**Length: 8:17**

**6:12:37**

**Domestic Violence, Workplace Matters,  
Mental Health**

**Lawrence J. Cheskin, M.D., F.A.C.P.**, Associate Professor of Health, Behavior & Society, Johns Hopkins University School of Medicine

Almost 40 percent of American adults and nearly 20 percent of adolescents are obese. Dr. Cheskin led a study that examined the financial costs of being overweight at various stages of life. He said lost productivity on the job accounted for at least 50% of the expense of being overweight, even more than direct medical expenditures.

**Issues covered:**

**Length: 4:53**

**6:21:54**

**Personal Health, Workplace Matters**