

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

April 1 – June 30, 2019

Filed 7-08-2019

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.

Weather is always a primary concern in East Texas. With recent severe storms hitting Longview, Kilgore, and Henderson, it has been 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 2019.

The Mayo Clinic Radio Health Minute: produced by the Mayo Clinic, runs weekdays on KZQX. This program contains timely medical information that is of concern to the East Texas area. Broadcast time is 11:30 A.M. Monday through Friday.

Apr. 1 st	Adult scoliosis
Apr. 2 nd	Lung cancer risk
Apr. 3 rd	Well living lab
Apr. 4 th	Childhood obesity
Apr. 5 th	Eyes predict disease
Apr. 8 th	Popping a healthier snack
Apr. 9 th	CAR-T therapy
Apr. 10 th	Contralateral prophylactic mastectomy
Apr. 11 th	Hearing aids not one size fits all
Apr. 12 th	Understanding pancreatic cancer
Apr. 15 th	Do you get enough of these 4 nutrients
Apr. 16 th	Oral cavity reconstruction
Apr. 17 th	Yo-yo dieting hard on a women's heart
Apr. 18 th	Exercise during pregnancy
Apr. 19 th	Flaxseed
Apr. 22 nd	Stem cells reduce pain of knee arthritis
Apr. 23 rd	Osteoporosis
Apr. 24 th	How often should I bathe my kids
Apr. 25 th	Brachial plexus surgery

Apr. 26 th	How dietary fiber makes you healthy
Apr. 29 th	Teens and mental health
Apr. 30 th	Metastatic melanoma
May 1 st	Surviving seasonal allergies
May 2 nd	A reading called the key to life
May 3 rd	Constipation
May 6 th	Benefits of eating local
May 7 th	How much fiber do you need
May 8 th	Kidney stones
May 9 th	Women and sleep issues
May 10 th	Stop cleaning your ears
May 13 th	Mental health and E-therapy
May 14 th	Creating healthier yogurt options
May 15 th	Vitamins and supplements
May 16 th	Move more at work
May 17 th	When to take your child to the E.R.
May 20 th	Thyroid nodules and cancer
May 21 st	Protecting babies from eczema risk
May 22 nd	Fit versus fat
May 23 rd	Concussions in Children
May 24 th	How to keep your mind sharp
May 27 th	Sepsis diagnosis and treatment
May 28 th	Chronic pain and complementary therapies
May 29 th	Three minute moisturizing window
May 30 th	Age-related hearing loss
May 31 st	Are swimming pools safe
June 3 rd	Find one new detail
June 4 th	Cruciferous finds at the farmers market
June. 5 th	Lung cancer types and symptoms
June 6 th	Why you need vitamin D and how to get it
June 7 th	Advances in pancreatic cancer treatment giving years of life back to patients
June 10 th	Breast cancer strikes men too
June 11 th	Tips for frozen shoulder
June 12 th	Do you have these melanoma risk factors
June 13 th	Men's health prostate screening
June 14 th	Erectile dysfunction
June 17 th	The trouble with toothpaste for kids
June 18 th	Pain rehabilitation and behavior change
June 19 th	Lyme disease
June 20 th	Childhood eczema
June 21 st	Overprescribed levothyroxine
June 24 th	Transcranial magnetic stimulation
June 25 th	Snacks that can trick your body into being full on fewer calories
June 26 th S	stress-reducing ideas to make you smile
June 27 th	Macular degeneration
June 28 th	A chef's advice at the farmer's market

Passport to Texas is a daily show about Texas destinations, folklore, conservation and wildlife, produced by The Texas Parks and Wildlife. This program runs twice daily, Tuesday, Wednesday and Thursday at 10:20 a.m. and 4:20 p.m.

Week of April 1 – 5

4/02 Tues.
4/03 Wed. TPW TV: Progress for Paddlefish
4/04 Thur. TPWF: Membership has its Privileges
Angling: Fly-fishing w/Alvin Dedeaux

Week of April 8 - 12

4/09 Tues.
4/10 Wed. Birding: Great Texas Birding Classic
4/11 Thur. Wildlife: Why We Fear Bats
TPW TV: Green Jay Survey in RGV

Week of April 15 –19

4/16 Tues.
4/17 Wed. Hunting: Wild Turkey Continue Comeback
4/18 Thur. Hunting: Good Habitat = Good Turkey Hunting
Hunting: How Fire Helps Turkey Habitat

Week of April 22 – 26

4/23 Tues.
4/24 Wed. Event: GOSH—Great Outdoor Scavenger Hunt
4/25 Thur. Event: GOSH—In Town or on the Fringes
Event: GOSH—Challenge Yourself and Others

Week of April 29 – May 3, 2019

4/30 Tues. **Food: Preparing Wild Turkey**
5/01 Wed. **Food: Learn to Prepare Gulf Goodies**
5/02 Thur. **Fisheries: Is Catfish the New Old Favorite?**

Week of May 6 - 10

5/07 Tues. **Angling: Neighborhood Fishin' for Cats**
5/08 Wed. **Parks/Families: Mother's Day Picnic**
5/09 Thur. **TPW TV: Natural Connection**

Week of May 13 –17

5/14 Tues. **Restoration: Bighorn Sheep**
5/15 Wed. **Restoration: Bighorn Partners**
5/16 Thur. **Invasive: Problem Aoudads**

Week of May 20 – 24

5/21 Tues. **TPW TV—The Oyster Grind**
5/22 Wed. **Boating: Boating Safety**
5/23 Thur. **Wildlife: Are Rattlesnakes Losing their Rattle?**

Week of May 27 – 31

5/28 Tues. **Diversity: Director of Diversity at TPWD**
5/29 Wed. **Diversity: Diversity Initiatives**
5/30 Thur. **Diversity: Diversity & TPWD Mission**

Week of June 3 – 7

6/4 Tues. **Invasive: Don't Dump Your Aquariums**
6/5 Wed. **Volunteer: Student Docents**
6/6 Thur. **Food: Dutch Oven Cooking in Parks**

Week of June 10 - 14

6/11 Tues. **Conservation: New Bighorn License Plate**
6/12 Wed. **Conservation: License Plates Help Bighorns**
6/13 Thur. **TPW TV: The Art of Conservation**

Week of June 17 –21

6/18 Tues. **TPW TV: Educating Educators**
6/19 Wed. **Conservation/Fish: State Fish of Texas**

6/20 Thur. Conservation/Fish: Guadalupe Bass Restoration

Week of June 24 – 28

6/25 Tues. Birding: The Bird Man of Parks and Wildlife

6/26 Wed. Fish: Texas' Marine Hatchery

6/27 Thur. Restoration/Fish: Oyster Decline in Texas

U. T. Tyler Health Minute airs multiple times per day and is produced in our studios using student nurses from the Longview campus. Topics covered this quarter include high blood pressure, cancer, Memory, HPV Vaccine and smoking hazards. Air times are as follows:

Date	Time	File
====	====	====
4/1/2019	19:44:37	UT Nursing Health Minute - Pneumonia
4/3/2019	01:17:02	UT Nursing Health Minute - Smoking
4/4/2019	13:17:52	UT Nursing Health Minute - Colorectal Cancer
4/6/2019	02:45:56	UT Nursing Health Minute - Music and Memory
4/7/2019	13:18:20	UT Nursing Health Minute - Blood Pressure
4/8/2019	17:44:24	UT Nursing Health Minute - HPV Vaccine
4/9/2019	19:45:38	UT Nursing Health Minute - Pneumonia
4/10/2019	21:45:24	UT Nursing Health Minute - Smoking
4/11/2019	23:44:52	UT Nursing Health Minute - Colorectal Cancer
4/13/2019	01:44:09	UT Nursing Health Minute - Music and Memory
4/14/2019	03:15:59	UT Nursing Health Minute - Blood Pressure
4/15/2019	02:16:18	UT Nursing Health Minute - HPV Vaccine
4/16/2019	00:45:41	UT Nursing Health Minute - Pneumonia
4/16/2019	23:19:12	UT Nursing Health Minute - Smoking
4/17/2019	23:16:20	UT Nursing Health Minute - Colorectal Cancer
4/19/2019	01:15:15	UT Nursing Health Minute - Music and Memory
4/20/2019	03:16:25	UT Nursing Health Minute - Blood Pressure
4/21/2019	05:15:49	UT Nursing Health Minute - HPV Vaccine
4/22/2019	08:17:36	UT Nursing Health Minute - Pneumonia
4/23/2019	10:16:41	UT Nursing Health Minute - Smoking
4/24/2019	13:44:58	UT Nursing Health Minute - Colorectal Cancer
4/26/2019	01:47:09	UT Nursing Health Minute - Music and Memory
4/27/2019	19:44:44	UT Nursing Health Minute - Blood Pressure
4/29/2019	01:45:01	UT Nursing Health Minute - HPV Vaccine
4/30/2019	12:15:22	UT Nursing Health Minute - Pneumonia
5/1/2019	23:15:02	UT Nursing Health Minute - Smoking
5/3/2019	11:16:31	UT Nursing Health Minute - Colorectal Cancer
5/4/2019	20:15:34	UT Nursing Health Minute - Music and Memory
5/5/2019	17:46:55	UT Nursing Health Minute - Blood Pressure
5/6/2019	17:44:54	UT Nursing Health Minute - HPV Vaccine
5/7/2019	17:16:24	UT Nursing Health Minute - Pneumonia
5/8/2019	22:46:30	UT Nursing Health Minute - Smoking
5/10/2019	08:48:11	UT Nursing Health Minute - Colorectal Cancer
5/11/2019	19:16:55	UT Nursing Health Minute - Music and Memory
5/12/2019	18:48:01	UT Nursing Health Minute - Blood Pressure
5/13/2019	10:44:29	UT Nursing Health Minute - HPV Vaccine
5/14/2019	07:17:11	UT Nursing Health Minute - Pneumonia
5/15/2019	05:45:59	UT Nursing Health Minute - Smoking
5/16/2019	10:47:06	UT Nursing Health Minute - Colorectal Cancer
5/17/2019	17:16:27	UT Nursing Health Minute - Music and Memory
5/18/2019	22:44:18	UT Nursing Health Minute - Blood Pressure
5/20/2019	02:44:39	UT Nursing Health Minute - HPV Vaccine

5/21/2019	04:15:44	UT Nursing Health Minute - Pneumonia
5/22/2019	05:44:33	UT Nursing Health Minute - Smoking
5/23/2019	07:15:04	UT Nursing Health Minute - Colorectal Cancer
5/24/2019	18:18:12	UT Nursing Health Minute - Music and Memory
5/26/2019	08:17:09	UT Nursing Health Minute - Blood Pressure
5/27/2019	20:46:41	UT Nursing Health Minute - HPV Vaccine
5/29/2019	02:16:08	UT Nursing Health Minute - Pneumonia
5/30/2019	08:16:24	UT Nursing Health Minute - Smoking
5/31/2019	14:16:05	UT Nursing Health Minute - Colorectal Cancer
6/1/2019	20:16:05	UT Nursing Health Minute - Music and Memory
6/3/2019	04:17:26	UT Nursing Health Minute - Blood Pressure
6/4/2019	15:17:34	UT Nursing Health Minute - HPV Vaccine
6/6/2019	01:17:15	UT Nursing Health Minute - Pneumonia
6/7/2019	17:15:26	UT Nursing Health Minute - Smoking
6/8/2019	23:16:09	UT Nursing Health Minute - Colorectal Cancer
6/9/2019	15:46:50	UT Nursing Health Minute - Music and Memory
6/10/2019	09:44:15	UT Nursing Health Minute - Blood Pressure
6/11/2019	02:45:13	UT Nursing Health Minute - HPV Vaccine
6/12/2019	01:17:44	UT Nursing Health Minute - Pneumonia
6/13/2019	02:45:57	UT Nursing Health Minute - Smoking
6/14/2019	04:16:50	UT Nursing Health Minute - Colorectal Cancer
6/15/2019	05:46:55	UT Nursing Health Minute - Music and Memory
6/16/2019	02:46:41	UT Nursing Health Minute - Blood Pressure
6/16/2019	20:48:11	UT Nursing Health Minute - HPV Vaccine
6/17/2019	13:46:13	UT Nursing Health Minute - Pneumonia
6/18/2019	14:16:04	UT Nursing Health Minute - Smoking
6/19/2019	20:15:43	UT Nursing Health Minute - Colorectal Cancer
6/21/2019	03:46:18	UT Nursing Health Minute - Music and Memory
6/22/2019	14:17:09	UT Nursing Health Minute - Blood Pressure
6/23/2019	21:15:16	UT Nursing Health Minute - HPV Vaccine
6/25/2019	06:44:40	UT Nursing Health Minute - Pneumonia
6/26/2019	17:44:19	UT Nursing Health Minute - Smoking
6/28/2019	07:17:27	UT Nursing Health Minute - Colorectal Cancer
6/29/2019	22:16:22	UT Nursing Health Minute - Music and Memory

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 5:40 p.m. every day.

April 2019

- 1 Mars and the Pleiades 2:03
- 2 Solar Minimum 2:03
- 3 Hot Ride 2:03
- 4 South Atlantic Anomaly 2:03
- 5 Pointing North 2:03
- 6 Puppis 2:03
- 7 Zeta Puppis 2:03
- 8 Moon, Mars, and Aldebaran 2:03
- 9 Arcturus Stream 2:03
- 10 John Houbolt 2:03
- 11 Yarkovsky Effect 2:03
- 12 Tracking Bennu 2:03
- 13 Apophis 2:03
- 14 Moon and Regulus 2:03
- 15 Oddball Solar System 2:03
- 16 Cloudy Nights 2:03

- 17 Alien Climates 2:03
- 18 Moon and Spica 2:03
- 19 Apocalyptic Rumors 2:03
- 20 Lyrid Meteors 2:03
- 21 Moon and Antares 2:03
- 22 Moon and Jupiter 2:03
- 23 Moon and Planets 2:03
- 24 Moon and Saturn 2:03
- 25 Bovedy Meteorite 2:03
- 26 Crow and Cup 2:03
- 27 Transients 2:03
- 28 More Transients 2:03
- 29 Messier 3 2:03
- 30 Moon and Venus 2:03

May 2019

- 1 NGC 4696 2:03
- 2 Spaghettification 2:03
- 3 Black-Hole Dark Matter 2:03
- 4 Halleyid' Meteors 2:03
- 5 Curtains 2:03
- 6 Moon and Aldebaran 2:03
- 7 Moon and Companions 2:03
- 8 Solar Flares 2:03
- 9 Izar 2:03
- 10 Dark Rocks 2:03
- 11 Moon and Regulus 2:03
- 12 Kochab 2:03
- 13 Holes in the Ground 2:03
- 14 Killer Crater 2:03
- 15 Moon and Spica 2:03
- 16 Venera 5 and 6 2:03
- 17 Rastaban 2:03
- 18 Last Look 2:03
- 19 Moon and Jupiter 2:03
- 20 Moon and Planets 2:03
- 21 Moon and Saturn 2:03
- 22 Alpha Centauri 2:03
- 23 Centaurus A 2:03
- 24 Omega Centauri 2:03
- 25 New Jobs 2:03
- 26 Guitar Nebula 2:03
- 27 Ceres at Opposition 2:03
- 28 Beta Scorpii 2:03
- 29 Weighty Eclipse 2:03
- 30 Testing Einstein 2:03
- 31 Libra 2:03

June 2019

- 1 Missing Claws 2:03
- 2 Ancient War 2:03

- 3 Off to War 2:03
- 4 Moon and Mercury 2:03
- 5 Moon and Mars 2:03
- 6 D-Day 2:03
- 7 John Couch Adams 2:03
- 8 Moon and Regulus 2:03
- 9 Jupiter at Opposition 2:03
- 10 Jupiter Opposition II 2:03
- 11 Jupiter Opposition III 2:03
- 12 Moon and Spica 2:03
- 13 Hubble Constant 2:03
- 14 Vega 2:03
- 15 Moon and Antares 2:03
- 16 Beautiful Pairings 2:03
- 17 Big Storm 2:03
- 18 Moon and Saturn 2:03
- 19 Messier 10 2:03
- 20 Summer Solstice 2:03
- 21 More Summer Solstice 2:03
- 22 The Coathanger 2:03
- 23 LRO 2:03
- 24 Massive Milky Way 2:03
- 25 Hermann Oberth 2:03
- 26 Looking for Earths 2:03
- 27 Super-Earths 2:03
- 28 Hot Jupiters 2:03
- 29 Lightning 2:03
- 30 Rasalhague 2:03

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.

Date	Time	File
====	====	====
4/1/2019	07:41:36	Greenberg Travel Minute
4/1/2019	17:41:54	Greenberg Travel Minute
4/2/2019	07:39:48	Greenberg Travel Minute
4/2/2019	17:39:57	Greenberg Travel Minute
4/3/2019	07:40:16	Greenberg Travel Minute
4/3/2019	17:43:10	Greenberg Travel Minute
4/4/2019	07:41:06	Greenberg Travel Minute
4/4/2019	17:39:35	Greenberg Travel Minute
4/5/2019	07:40:31	Greenberg Travel Minute
4/5/2019	17:40:13	Greenberg Travel Minute
4/8/2019	07:41:04	Greenberg Travel Minute
4/8/2019	17:40:45	Greenberg Travel Minute
4/9/2019	07:39:04	Greenberg Travel Minute
4/9/2019	17:39:20	Greenberg Travel Minute
4/10/2019	07:40:09	Greenberg Travel Minute
4/10/2019	17:41:31	Greenberg Travel Minute
4/11/2019	07:40:30	Greenberg Travel Minute
4/11/2019	17:40:56	Greenberg Travel Minute

4/12/2019	07:40:04	Greenberg Travel Minute
4/12/2019	17:41:05	Greenberg Travel Minute
4/15/2019	07:39:57	Greenberg Travel Minute
4/15/2019	17:40:04	Greenberg Travel Minute
4/16/2019	07:42:26	Greenberg Travel Minute
4/16/2019	17:39:24	Greenberg Travel Minute
4/17/2019	07:41:43	Greenberg Travel Minute
4/17/2019	17:40:33	Greenberg Travel Minute
4/18/2019	07:41:08	Greenberg Travel Minute
4/18/2019	17:39:15	Greenberg Travel Minute
4/19/2019	07:39:43	Greenberg Travel Minute
4/19/2019	17:41:47	Greenberg Travel Minute
4/22/2019	07:40:18	Greenberg Travel Minute
4/22/2019	17:41:25	Greenberg Travel Minute
4/23/2019	07:40:00	Greenberg Travel Minute
4/23/2019	17:42:58	Greenberg Travel Minute
4/24/2019	07:39:52	Greenberg Travel Minute
4/24/2019	17:41:30	Greenberg Travel Minute
4/25/2019	07:41:27	Greenberg Travel Minute
4/25/2019	17:39:35	Greenberg Travel Minute
4/26/2019	07:39:23	Greenberg Travel Minute
4/26/2019	17:41:10	Greenberg Travel Minute
4/29/2019	07:39:33	Greenberg Travel Minute
4/29/2019	17:41:10	Greenberg Travel Minute
4/30/2019	07:39:18	Greenberg Travel Minute
4/30/2019	17:39:40	Greenberg Travel Minute
5/1/2019	07:39:20	Greenberg Travel Minute
5/1/2019	17:40:30	Greenberg Travel Minute
5/2/2019	07:39:13	Greenberg Travel Minute
5/2/2019	17:40:21	Greenberg Travel Minute
5/3/2019	07:41:12	Greenberg Travel Minute
5/3/2019	17:41:17	Greenberg Travel Minute
5/6/2019	07:39:30	Greenberg Travel Minute
5/6/2019	17:40:58	Greenberg Travel Minute
5/7/2019	07:39:52	Greenberg Travel Minute
5/7/2019	17:42:00	Greenberg Travel Minute
5/8/2019	07:40:40	Greenberg Travel Minute
5/8/2019	17:40:21	Greenberg Travel Minute
5/9/2019	07:40:49	Greenberg Travel Minute
5/9/2019	17:41:39	Greenberg Travel Minute
5/10/2019	07:39:03	Greenberg Travel Minute
5/10/2019	17:41:14	Greenberg Travel Minute
5/13/2019	07:39:53	Greenberg Travel Minute
5/13/2019	17:39:56	Greenberg Travel Minute
5/14/2019	07:40:01	Greenberg Travel Minute
5/14/2019	17:40:34	Greenberg Travel Minute
5/15/2019	07:39:29	Greenberg Travel Minute
5/15/2019	17:40:21	Greenberg Travel Minute
5/16/2019	07:42:32	Greenberg Travel Minute
5/16/2019	17:41:36	Greenberg Travel Minute
5/17/2019	07:39:47	Greenberg Travel Minute
5/17/2019	17:40:50	Greenberg Travel Minute
5/20/2019	07:40:46	Greenberg Travel Minute
5/20/2019	17:40:58	Greenberg Travel Minute
5/21/2019	07:40:07	Greenberg Travel Minute
5/21/2019	17:42:12	Greenberg Travel Minute

5/22/2019	07:39:52	Greenberg Travel Minute
5/22/2019	17:40:57	Greenberg Travel Minute
5/23/2019	07:39:38	Greenberg Travel Minute
5/23/2019	17:41:58	Greenberg Travel Minute
5/24/2019	07:42:57	Greenberg Travel Minute
5/24/2019	17:41:29	Greenberg Travel Minute
5/27/2019	07:39:23	Greenberg Travel Minute
5/27/2019	17:41:00	Greenberg Travel Minute
5/28/2019	07:42:00	Greenberg Travel Minute
5/28/2019	17:39:01	Greenberg Travel Minute
5/29/2019	07:41:15	Greenberg Travel Minute
5/29/2019	17:40:35	Greenberg Travel Minute
5/30/2019	07:40:59	Greenberg Travel Minute
5/30/2019	17:39:42	Greenberg Travel Minute
5/31/2019	07:42:04	Greenberg Travel Minute
5/31/2019	17:41:03	Greenberg Travel Minute
6/3/2019	07:39:11	Greenberg Travel Minute
6/3/2019	17:39:58	Greenberg Travel Minute
6/4/2019	07:40:30	Greenberg Travel Minute
6/4/2019	17:40:44	Greenberg Travel Minute
6/5/2019	07:40:58	Greenberg Travel Minute
6/5/2019	17:41:41	Greenberg Travel Minute
6/6/2019	07:41:23	Greenberg Travel Minute
6/6/2019	17:40:40	Greenberg Travel Minute
6/7/2019	07:41:29	Greenberg Travel Minute
6/7/2019	17:39:23	Greenberg Travel Minute
6/10/2019	07:39:41	Greenberg Travel Minute
6/10/2019	17:40:25	Greenberg Travel Minute
6/11/2019	07:39:04	Greenberg Travel Minute
6/11/2019	17:42:03	Greenberg Travel Minute
6/12/2019	07:40:22	Greenberg Travel Minute
6/12/2019	17:40:12	Greenberg Travel Minute
6/13/2019	07:40:10	Greenberg Travel Minute
6/13/2019	17:40:12	Greenberg Travel Minute
6/14/2019	07:40:18	Greenberg Travel Minute
6/14/2019	17:40:23	Greenberg Travel Minute
6/17/2019	07:41:44	Greenberg Travel Minute
6/17/2019	17:40:39	Greenberg Travel Minute
6/18/2019	07:39:37	Greenberg Travel Minute
6/18/2019	17:39:46	Greenberg Travel Minute
6/19/2019	07:41:16	Greenberg Travel Minute
6/19/2019	17:39:58	Greenberg Travel Minute
6/20/2019	07:40:41	Greenberg Travel Minute
6/20/2019	17:39:39	Greenberg Travel Minute
6/21/2019	07:39:47	Greenberg Travel Minute
6/21/2019	17:39:42	Greenberg Travel Minute
6/24/2019	07:39:14	Greenberg Travel Minute
6/24/2019	17:41:20	Greenberg Travel Minute
6/25/2019	07:39:46	Greenberg Travel Minute
6/25/2019	17:44:07	Greenberg Travel Minute
6/26/2019	07:40:22	Greenberg Travel Minute
6/26/2019	17:40:26	Greenberg Travel Minute
6/27/2019	07:40:04	Greenberg Travel Minute
6/27/2019	17:41:04	Greenberg Travel Minute
6/28/2019	07:39:56	Greenberg Travel Minute
6/28/2019	17:41:14	Greenberg Travel Minute

Public Service Announcements: Topics covered include:

High Blood Pressure Screening, The East Texas Symphonic Band, The East Texas Symphony Orchestra, Kilgore Fuller Center Re-Purpose Store, The Texas Museum of Broadcasting & Communications, University of Texas Nursing, Preservation Longview, Main Street Kilgore, Artsview Children's Theater, Rusk County Electric Cooperative, Kilgore College, Newgate Mission, Marshall Arts Council, Zonta, East Texas Men of Harmony, Tyler Civic Chorale, Gregg County Historical Museum. Main Street Kilgore, Kilgore Masonic Lodge, St. Mary's Enchilada Roll Sale, Gregg County Master Gardeners, Grassroots in the Green, TASCA, University of Texas Cowan Center, Pittsburg Main Street, University of Texas Tyler, LeTourneau University Belcher Center, St. Mary's Church, Jefferson Playhouse, KilGough Arts Festival, Spirits of Oakwood, Taste of Longview, Pittsburg Winefest, Van Gogh Art Festival, Cypress Bend Master Gardeners, Child Protective Services, Exxon-Mobile Retiree's Club, and "Don't Mess With Texas." Altogether, KZQX broadcast a total of 3491 public service announcements in the three month period ending June 30, 2019.

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.

EarthSky plays every day, twice a day, on KZQX. EarthSky producers define the show as "a clear voice for science" – advocates science as a vital tool for the 21st century. The EarthSky Promise: To bring the ideas, strategies and research results of scientists to people around the world, with the goal of illuminating pathways to a sustainable future." Earth Sky airs at 8:30 a.m. and 4:45 p.m.

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 11:00 AM. 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, Legal issues, Consumer Matters, Personal Finance, Mental Health, Parenting, Energy Issues, Environment, Retirement Planning, Poverty, Public Health, Minority Issues, Personal Health, Government Spending and regulation, Latino Concerns, Domestic Violence, Women's Issues. Drunk Driving, Substance Abuse, and more. A full run down of each program is as follows:

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2019

Show # 2019-14

Date aired: 4-7-19 Time Aired: 5:59:59

Van C. Tran, PhD, Associate Professor of Sociology at Columbia University

Prof. Tran was the co-author of a study that found that although Asian Americans graduate from universities at far higher rates than white Americans, they still are no more likely to hold professional or managerial jobs. He discussed the additional barriers and discrimination that Asian Americans face when trying to climb the career ladder, a phenomenon known as the "bamboo ceiling."

Issues covered:

Length: 9:04 6:02:59

Discrimination, Minority Concerns, Career

Nancy Rhodes, PhD, Associate Professor in the Department of Advertising and Public Relations at Michigan State University

Dr. Rhoades examined underage and binge drinking at colleges and found that peer approval is the primary reason that students do it. She said students don't want to admit they're influenced by friends, but the reality is they are seeking social acceptance. She offered advice to concerned parents.

Issues covered:

Length: 8:09 6:13:28

Underage Drinking, Youth at Risk

Marina Vance, PhD, Assistant Professor of Mechanical Engineering at the University of Colorado Boulder

Cooking, cleaning and other routine household activities generate significant levels of volatile and particulate chemicals inside the average home, leading to indoor air quality levels on par with a polluted major city, according to Dr. Vance's research. She said that most homes are not properly ventilated and that gas stoves cause more indoor air pollution than electric ones.

Issues covered:

Length: 5:07 6:23:14

Pollution, Consumer Matters, Housing

Show # 2019-15

Date aired: 4-14-19 Time Aired: 5:59:53

Robert Sholly, domestic counterterrorism expert, retired army colonel with experience in counter-terrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

Issues covered:

Length: 9:07 6:02:53

Terrorism, Personal Protection, Emergency Preparedness

Shaka Senghor, author of "*Writing My Wrongs: Life, Death, and Redemption in an American Prison*"

In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

Issues covered:

Length: 7:59 6:14:00

Youth at Risk, Crime, Prison Reforms, Minority Concerns

Monica Deza, PhD, Assistant Professor of Economics in the School of Economic, Political and Policy Science at the University of Texas, Dallas

Dr. Deza led a study that found that teen driving curfews might do more than reduce car accidents. They also may prevent teens from committing crimes or becoming pregnant. She talked about the most common crimes committed by teens and why driving restrictions may make a difference.

Issues covered:

Length: 5:07 6:22:59

Youth at Risk, Crime

Show # 2019-16

Date aired: 4-21-19 Time Aired: 6:01:41

Kate O'Neill, PhD, Associate Professor in the Department of Environmental Science, Policy and Management at University of California Berkeley

For nearly three decades, recyclable materials from the US were shipped cheaply to China for processing. However, in the past year, China has stopped accepting virtually all of it. Dr. O'Neill said as a result, local governments and the recycling industry are now facing an unprecedented recycling crisis, especially in plastics. She estimated that, at least for now, nearly 100% of recyclable materials are going into landfills. She discussed the steps that the waste industry is taking to try to fix the problem.

Issues covered:

Length: 9:37 6:04:41

Recycling, Environment, Consumer Matters

Deanna Barch, PhD, Professor of Psychology; Professor of Radiology, chair of the Department of Psychological & Brain Sciences in Arts & Sciences and the Gregory B. Couch Professor of Psychiatry at Washington University School of Medicine in St. Louis

Dr. Barch was the senior author of a study that linked participation in team sports to larger hippocampal volumes in children and less depression in boys ages 9 to 11. The hippocampus is a brain region that plays an important role in memory and how we respond to stress. She said the evidence was particularly strong for children participating in sports that involved structure, such as a school team, a non-school league or regular lessons, as compared to more informal engagement in sports.

Issues covered:

Length: 7:29 6:16:18

Childhood Depression, Mental Health, Youth Sports

Arielle O'Shea, investing and retirement specialist, Nerdwallet.com

Banks are paying customers to open savings and checking accounts. Ms. O'Shea said bank account sign-up bonuses may not be as widespread as credit card perks, but they can be lucrative. She outlined some of the fine print consumers need to be aware of before accepting a bonus offer.

Issues covered:

Length: 5:04 6:24:47

Personal Finance, Consumer Matters

Show # 2019-17

Date aired: 4-28-19 Time Aired: 5:59:20

Kartik Hosanagar, PhD, John C. Hower Professor of Technology and Digital Business and a Professor of Marketing at the Wharton School of the University of Pennsylvania, author of *"A Human's Guide to Machine Intelligence: How Algorithms Are Shaping Our Lives and How We Can Stay in Control"*

Computer algorithms and the artificial intelligence that underlies them make a staggering number of everyday decisions for nearly every American, from what products we buy, to how we consume our news or entertainment, to whom we date, and how we find a job. Dr. Hosanagar discussed the potentially dangerous biases algorithms can give rise to as they increasingly run our lives, and offered suggestions for consumers to regain control.

Issues covered:

Length: 9:16 6:02:20

Consumer Matters, Technology, Government Regulation

Jennifer L. Eberhardt, PhD, Professor of Psychology at Stanford, recipient of a 2014 MacArthur "genius" grant, author of *"Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do"*

Dr. Eberhardt talked about the numerous forms of bias hardwired into every human being. She said unconscious bias can be at work without our realizing it, even when we genuinely wish to treat all people equally. She explained how bias and racial inequality seeps into classrooms, police departments and businesses. She offered advice on how to recognize our own biases.

Issues covered:

Length: 7:57 6:13:36

Racism and Racial Bias, Law Enforcement

Alexander Fanaroff, M.D., Fellow, Cardiovascular Medicine, Duke University Medical Center

Dr. Fanaroff led a study that found that less than 10 percent of the treatment recommendations used by doctors to care for heart patients are based on evidence gained from multiple large, randomized clinical trials. He explained how the other 90 percent of treatments have come to be generally accepted by doctors. He hopes to see greater research to provide scientifically-supported treatment guidelines.

Issues covered:

Length: 4:58 6:22:33

Public Health Policy, Heart Disease

Show # 2019-18

Date aired: 5-5-19 Time Aired: 6:00:10

Michael Mina, PhD, MD, Resident Physician in Clinical Pathology, Brigham and Women's Hospital, Harvard Medical School

Measles outbreaks are spiking worldwide. Dr. Mina discussed the reasons behind the soaring rate of infections. He noted that for even those who survive an outbreak, measles can compromise a person's immune system for up to two years afterwards. He said the MMR vaccinations are proven to be very safe and parents should not hesitate to have their children vaccinated.

Issues covered:

Length: 9:14 6:03:10

Measles Outbreaks, Vaccinations, Public Health

Deborah Schwengel, MD, Assistant Professor of Anesthesiology and Critical Care Medicine at the Johns Hopkins University School of Medicine and Johns Hopkins Children's Center

Dr. Schwengel, led a comprehensive nationwide study that found that the rate of lawnmower injuries remains at a consistently high level, with most of them requiring surgery and hospitalization. She explained how the most common incidents occur and how adults can take steps to protect children from injury.

Issues covered:

Length: 8:09 6:14:24

Personal Injury Prevention, Child Safety

Tiffany Munzer, MD, Pediatric Developmental Behavioral Fellow at the University of Michigan

Dr. Munzer led a study that examined parents reading to their children in different book formats: enhanced electronic (with sound effects and/or animation), electronic, and print. The study found that traditional books provide the greatest opportunities for discussion, conversation and parent/child bonding. She said the flashing lights and loud sounds in most e-readers detract from the potential benefits of a shared reading experience.

Issues covered:

Length: 4:54 6:23:33

Early Childhood Learning, Literacy, Parenting

Show # 2019-19

Date aired: 5-12-19 Time Aired: 5:59:19

William G. Gale, PhD, Arjay and Frances Miller Chair in Federal Economic Policy, Senior Fellow in the Economic Studies Program at the Brookings Institution

Most Americans are aware that the Social Security program will soon run short of money. Dr. Gale discussed the even shakier financial situations of Medicare and Medicaid. He said the Medicare trust fund will run out of money in 2026. He stressed the importance for Congress to either reduce costs, raise taxes or make other major policy changes soon.

Issues covered:

Length: 9:03 6:02:19

Government, Retirement Planning, Public Health

Megan Maas, PhD, Assistant Professor of Human Development and Family Studies at Michigan State University, certified sexuality educator

Teens spend hours every day on internet-connected devices, often with little or no supervision. Dr. Mass led a study that found that online sexual experiences can predict a teen's likelihood of becoming a victim of sexual assault one year later. She outlined the specific patterns of behaviors that can put teenagers at risk. She said she believes teens need to receive much better education to learn how online activities can affect their real life.

Issues covered:

Length: 8:12 6:13:22

Sexual Assault, Youth at Risk, Parenting

Christopher Loftis, PhD, National Director for the U.S. Department of Veterans Affairs/U.S. Department of Defense Mental Health Collaboration

Veterans face a wide array of mental health and stress-related challenges when they return to civilian life. Dr. Loftis discussed the various forms of help available at Veterans Administration facilities and via community-based mental health resources where veterans live. He offered ideas to help family members and friends start the conversation about mental health.

Issues covered:

Length: 4:59 6:22:34

Veterans Issues, Mental Health

Show # 2019-20

Date aired: 5-18-19 Time Aired: 6:00:39

Tina Seelig, PhD, Professor of the Practice in the Dept of Management Science and Engineering at Stanford School of Engineering, faculty director of the Stanford Technology Ventures, author of "*What I Wish I Knew When I Was 20 - 10th Anniversary Edition: A Crash Course on Making Your Place in the World*"

Many young people struggle as they make the transition from the academic environment to the professional world. Dr. Seelig discussed skills and thought processes that can lead to success and resilience in their adult lives. She also talked about the effectiveness of our nation's higher education system in preparing students for life.

Issues covered:

Length: 8:37 6:03:39

Education, Career

Tony Corbo, Senior Lobbyist for the Food Campaign at Food & Water Watch, an advocacy group that supports stricter food safety regulations

The Centers for Disease Control and Prevention has reported that the frequency of several types of food poisoning infections climbed last year, but that the increases could be the result of new diagnostic tools that help identify more cases. Mr. Corbo explained the complex system that tracks illnesses such as salmonella and campylobacter. He said illnesses connected to produce are on the rise, while meat and poultry cases are unchanged.

Issues covered:

Length: 8:32 6:14:16

Food Poisoning, Government Regulations

Robert M. Siegel, MD, Medical Director of the Center for Better Health and Nutrition of the Heart Institute at Cincinnati Children's Hospital Medical Center, Professor of Clinical Pediatrics at the University of Cincinnati

Dr. Siegel led a small study of middle school students, examining their cardiovascular risk factors. He found that a third of the children had abnormal levels of cholesterol or blood sugar, and several were found to have undiagnosed diabetes. He said every child should be routinely tested for cardiovascular risks, but only 25-30% are.

Issues covered:

Length: 4:59 6:23:48

Children's Health

Show # 2019-21

Date aired: 5-26-19 Time Aired: 5:59:29

Steven Roberts, college-funding expert, author of "*Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better*"

Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship money and why a student's GPA isn't everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

Issues covered:

Length: 8:38 6:02:29

Education, Consumer Matters, Parenting

Laura Adams, Senior Insurance Analyst at insuranceQuotes.com

A traffic ticket can cause a driver's auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations, how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

Issues covered:

Length: 8:35 6:13:04

Traffic Safety, Consumer Matters

Julia Cameron, author of "*It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond*"

When someone retires, the newfound freedom can be quite exciting, but also daunting. Ms. Cameron explained how cultivating their creative selves can help seniors navigate this new terrain. She said that retirement can be the most rich, fulfilling and creative time of life. She outlined several tools to get there.

Issues covered:

Length: 4:57 6:22:39

Senior Citizens, Retirement Planning

Show # 2019-22

Date aired: 6-2-19 Time Aired: 6:00:15

David Swenson, PhD, Associate scientist in the Department of Economics, Iowa State University

While a number of metropolitan regions across the US are struggling, many more midsize and rural counties are wrestling with long-term decline. Dr. Swenson explained why most of the country's smaller urban and rural counties are not growing in terms of population and jobs, and will not grow in the future. He said government policies need to address the issue and assure access to necessary public services and modern technologies, to ensure that rural residents are connected to society.

Issues covered:

Length: 9:01 6:03:15

Rural Concerns, Employment, Economy

Lauren Stiller Rikleen, President of the Rikleen Institute for Strategic Leadership, author of "*The Shield of Silence: How Power Perpetuates a Culture of Harassment and Bullying in the Workplace*"

Ms. Rikleen discussed workplace misconduct, sexual harassment and other negative behaviors on the job. She believes the best way to address these problems is to eliminate the fear of retribution against those who report the misconduct. She said that change is also needed in the court system because judges and juries often discount the credibility of victims and are reluctant to hold employers accountable.

Issues covered:

Length: 8:16 6:14:16

Sexual Harassment, Workplace Matters, Women's Concerns

Kevin Estela, author of "*101 Skills You Need to Survive in the Woods*"

Mr. Estela outlined essential skills and tools that can be helpful to anyone in an emergency situation, particularly on camping trips and other outdoor activities. He also discussed the importance of being mentally prepared to act in the event of a life-threatening emergency.

Issues covered:

Length: 5:00 6:23:32

Emergency Preparedness, First Aid

Show # 2019-23

Date aired: 6-9-19 Time Aired: 5:58:53

Stefanos N. Kales, MD, MPH, Professor of Medicine at Harvard Medical School, Professor and Director of the Occupational and Environmental Medicine Residency at the Harvard T.H. Chan School of Public Health

Dr. Kales co-authored a recent study that suggested that the number of push-ups a middle-aged man can perform might be a strong indication of his overall heart health. He found that men who can do more than 40 pushups in one minute have a 96 percent reduced risk of heart attack, stroke and heart disease compared with men who could muster fewer than 10. He also noted that push-up capacity appears to be a better and obviously less costly measurement of heart health than the standard treadmill test routinely used by cardiologists.

Issues covered:

Length: 8:27 6:01:53

Personal Health, Healthcare Spending, Physical Fitness

Karen Page Winterich, PhD, Associate Professor of Marketing, Frank and Mary Smeal Research Fellow, Penn State University

Dr. Winterich's research team conducted six studies that found that when consumers are aware that recyclables are transformed into new items, they recycle more. She believes that improving consumer education should be a priority for any organization seeking to increase recycling.

Issues covered:

Length: 8:54 6:12:20

Recycling, Consumer Matters

Patricia Thompson, Ph.D., corporate psychologist and management consultant, author of "*The Consummate Leader: A Holistic Guide to Inspiring Growth in Others...and in Yourself*"

Dr. Thompson talked about the value of a mental health break from work, which can mean heading out early for the rest of the day or stepping away from the pressures of work for 15 minutes. She explained how employees can successfully request a mental health break, and what to do during one to mentally recharge.

Issues covered:

Length: 4:57 6:22:14

Mental Health, Workplace Matters

Show # 2019-24

Date aired: 6-16-19 Time Aired: 5:59:02

Joshua Gotbaum, Guest Scholar in the Economic Studies Program at The Brookings Institution, Chair of the Maryland Small Business Retirement Security Board

Mr. Gotbaum said the retirement industry has spent decades largely sidestepping perhaps the biggest question most Americans have about retirement planning: how much of their earnings should they be saving? He cited research from the Employee Benefits Research Institute that recommends saving at least 10% of each paycheck. He stressed that Millennials should begin saving in earnest as soon as they enter the workforce.

Issues covered:

Length: 8:36 6:02:02

Retirement Planning, Personal Finance

David Andrews, Ph.D., Senior Scientist, Environmental Working Group

A recent investigation by the Food and Drug Administration found toxic per- and poly- fluoroalkyl substances, or PFAS, in a wide variety of produce, meats and processed foods. Dr. Andrews outlined the health dangers. He said food packaging is a major source of the chemicals, along with contaminated water and soil used to grow the food. He would like to see greatly increased government regulation and monitoring of the chemicals.

Issues covered:

Length: 8:48 6:12:38

Food Safety, Environment, Government Regulation

Rachel Moon, MD, Pediatrician and Researcher at the University of Virginia Children's Hospital

Dr. Moon was the lead author of a study that found that babies are dying in car seats when the child is out of the car and sleeping. When looking at infant deaths in sitting devices, like car seats and strollers, her team found that more than two-thirds occurred while in car seats. In those cases, parents were using the car seats as directed less than 10% of the time. She stressed the importance of educating parents to use a crib or bassinet when they are at home.

Issues covered:

Length: 4:54 6:22:26

Child Safety, Parenting

Show # 2019-25

Date aired: 6-23-19 Time Aired: 5:59:18

Jamie Cooper, PhD, Associate Professor in the Department of Foods and Nutrition at the University of Georgia

Prof. Cooper led a study that found that stepping on the bathroom scale once per day may help to avoid weight gain. She said the average adult gains 1-2 lbs. over each vacation or holiday period, and normally doesn't lose it afterwards. She said although people may walk more and get other forms of physical activity during vacations, they tend to eat more.

Issues covered:

Length: 9:31

6:02:18

Personal Health, Obesity

Laurie Nadel, PhD, psychotherapist who specializes in treating acute stress, anxiety and PTSD, author of "*The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes*"

An American Psychiatric Association report found that Americans have experienced a 51% increase in anxiety levels in the past two years. Dr. Nadel said the report illustrates an epidemic of anxiety issues, including PTSD. She said it can be triggered just by watching disturbing images on electronic devices, causing what she terms "vicarious traumatization." She outlined five techniques that may help those suffering from mental trauma.

Issues covered:

Length: 8:48

6:13:49

PTSD, Mental Health

Julie Angwin, Pulitzer Prize-winning investigative journalist, author of "*Dragnet Nation: A Quest for Privacy, Security and Freedom in a World of Relentless Surveillance*"

Ms. Angwin explained why Americans should be concerned about the rapidly increasing ways that the government, private companies, and even criminals use technology to indiscriminately sweep up vast amounts of our personal data. She outlined tools that people can use to reduce their digital footprint.

Issues covered:

Length: 5:02

6:23:37

Privacy, Government Policies, Consumer Matters

Show # 2019-26

Date aired: 6-30-19 Time Aired: 6:01:02

Rick Smith, Warning Coordination Meteorologist at the National Weather Service in Norman, OK

Over the past two decades, there have been major changes in tornado forecasting technology and how Americans receive alerts. Mr. Smith discussed the latest developments and what everyone needs to know to stay safe. He said the number or intensity of tornadoes hasn't changed, but media attention has increased, partly because nearly every tornado is now captured on a smartphone camera.

Issues covered:

Length: 9:49 6:04:02

Tornado Preparedness

Laura Condon, PhD, Assistant Professor of Hydrology and Atmospheric Sciences, University of Arizona

Dr. Condon led a study that found that groundwater pumping in the last century, for drinking water and agricultural use, has contributed as much as 50 percent to stream flow declines in some US rivers. She explained why this is such a serious concern and what can be done by communities and individuals to conserve water resources.

Issues covered:

Length: 7:28 6:15:51

Environment, Water Conservation, Government Policies

Mathew White, PhD, Environmental Psychologist and Senior Lecturer from the University of Exeter Medical School in Devon, England

It's common knowledge that being outdoors and around nature is a healthy thing. Dr. White led a study that measured exactly how much outdoor time is necessary for improved health. He found that two to four hours per week is the sweet spot, and it can be done in bits and pieces over the course of a week. He added that the benefits were especially helpful for those with longstanding illness or disabilities.

Issues covered:

Length: 5:14 6:24:19

Personal Health, Environment, Disabilities