

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

January 1 – March 31, 2020

Filed 4-06-2020

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, 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 who are affected by the “Shelter in Place” declarations, and other pertinent information. We have broadcast lists of schools, colleges and businesses that are closed, events that are cancelled and lists of businesses deemed “essential services.” We have established a call in “Good News Line” where the public can call in, leave a message about closures, event postponements, new operating hours, drive-up window locations or whatever they wish. These messages are put in a rotation that plays several times during the day. There is no charge for this service. We do reserve the right to edit these comments for content or time allocations. So far, every caller has been very cooperative.

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 2020.

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.

Jan. 1st	Mayo Clinic Diet	Feb 18th	Artificial intelligence in health care
Jan. 2nd	4 ideas for smarter shopping	Feb 19th	What pregnant women need to know about heart health
Jan. 3rd	Get smart about smoothies	Feb 20th	Why skinny doesn't always mean heart-healthy
Jan. 6th	Ideas for a heart-healthy diet	Feb 21st	Microbiome research
Jan. 7th	Why carrots should be in your crisper	Feb 24th	Eating disorders affect males and minorities too
Jan. 8th	STI's among seniors	Feb 25th	Benefits of stretching
Jan. 9th	Treating the stomach flu	Feb 26th	Adult eye exams
Jan. 10th	Wrist injury study	Feb 27th	Statins
Jan. 13th	What is frostbite	Feb 28th	Why dogs help your heart
Jan. 14th	Avoiding frostbite	Mar. 2nd	Safety tips to keep you out of the ER this winter
Jan. 15th	Benefits of beets		
Jan. 16th	Common foot problems		
Jan. 17th	HALT before you snack		
Jan. 20th	Vitamin D		

Jan. 21st	Lymphedema risk study	Mar. 3rd	Teen sleep hygiene
Jan. 22nd	Living organ donation	Mar. 4th	Sleep and your heart
Jan 23rd	Peeling into the health benefits of bananas	Mar. 5th	Dirtiest things
Jan. 24th	What is walking pneumonia	Mar. 6th	Teen sleep habits
Jan. 27th	The upsides of frozen fruits and vegetables	Mar. 9th	The many benefits of petroleum jelly
Jan. 28th	The downside of sugary drinks	Mar. 10th	ALS
Jan. 29th	The ABCDE melanoma check	Mar. 11th	Dementia and Alzheimer's disease
Jan. 30th	Why do onions make us cry	Mar. 12th	HPV Vaccine
Jan. 31st	Register to give live	Mar. 13th	Watson clinical trial matching program
Feb 3rd	How cutting calories helps your heart	Mar. 16th	Rotator cuff injury
Feb 4th	Heart disease prevention	Mar. 17th	How a colonoscopy can prevent colon cancer
Feb 5th	Women's heart attack symptoms vary	Feb 17th	Awareness under anesthesia
Feb 6th	Should older people take statins	Mar. 18th	An inside look at colonoscopy advances
Feb 7th	Winter skin protection tips	Mar. 19th	Colorectal cancer screening and polyps
Feb 10th	Eye problems and aging	Mar. 20th	Bile duct cancer
Feb 11th	What you need to know about cholesterol	Mar. 23rd	Who is at high risk for lung cancer
Feb 12th	Women and Heart Disease	Mar. 24th	Diabetes awareness
Feb 13th	Advance directive	Mar. 25th	Integrative medicine during cancer care
Feb 14th	The importance of deciding to be an organ donor while you're still alive	Mar. 26th	Epilepsy treatment
		Mar. 27th	How optimism improves health
		Mar. 30th	Breast cancer risk for men
		Mar. 31st	5 tips for cooking with healthier oils

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, Colorectal Cancer, Memory, Pneumonia, HPV Vaccine, and Smoking Hazards. Air times are as follows:

1/1/2020	21:45:20	UT Nursing Health Minute-- Pneumonia
1/3/2020	03:17:28	UT Nursing Health Minute-- Smoking
1/4/2020	06:17:29	UT Nursing Health Minute-- Colorectal Cancer
1/5/2020	05:16:36	UT Nursing Health Minute-- Music and Memory
1/6/2020	03:16:38	UT Nursing Health Minute-- Blood Pressure
1/7/2020	00:44:43	UT Nursing Health Minute-- HPV Vaccine
1/7/2020	22:16:55	UT Nursing Health Minute-- Pneumonia
1/8/2020	19:46:54	UT Nursing Health Minute-- Smoking
1/9/2020	17:16:05	UT Nursing Health Minute-- Colorectal Cancer
1/10/2020	14:16:39	UT Nursing Health Minute-- Music and Memory
1/11/2020	13:46:43	UT Nursing Health Minute-- Blood Pressure
1/12/2020	10:48:01	UT Nursing Health Minute-- HPV Vaccine
1/13/2020	11:15:37	UT Nursing Health Minute-- Pneumonia
1/14/2020	13:17:23	UT Nursing Health Minute-- Smoking
1/15/2020	15:15:47	UT Nursing Health Minute-- Colorectal Cancer
1/17/2020	01:46:11	UT Nursing Health Minute-- Music and Memory
1/19/2020	00:46:18	UT Nursing Health Minute-- Blood Pressure
1/21/2020	01:17:18	UT Nursing Health Minute-- HPV Vaccine
1/23/2020	08:15:49	UT Nursing Health Minute-- Pneumonia
1/25/2020	23:15:16	UT Nursing Health Minute-- Smoking
1/28/2020	09:46:45	UT Nursing Health Minute-- Colorectal Cancer
1/30/2020	17:45:50	UT Nursing Health Minute-- Music and Memory
2/2/2020	00:46:27	UT Nursing Health Minute-- Blood Pressure
2/4/2020	00:15:15	UT Nursing Health Minute-- HPV Vaccine
2/5/2020	16:17:47	UT Nursing Health Minute-- Pneumonia
2/7/2020	14:47:35	UT Nursing Health Minute-- Smoking
2/9/2020	13:16:09	UT Nursing Health Minute-- Colorectal Cancer

2/11/2020	16:16:17	UT Nursing Health Minute-- Music and Memory
2/14/2020	11:15:40	UT Nursing Health Minute-- Blood Pressure
2/16/2020	18:16:50	UT Nursing Health Minute-- HPV Vaccine
2/19/2020	02:45:29	UT Nursing Health Minute-- Pneumonia
2/21/2020	10:17:44	UT Nursing Health Minute-- Smoking
2/23/2020	10:15:50	UT Nursing Health Minute-- Colorectal Cancer
2/25/2020	01:15:50	UT Nursing Health Minute-- Music and Memory
2/26/2020	15:46:55	UT Nursing Health Minute-- Blood Pressure
2/28/2020	19:16:25	UT Nursing Health Minute-- HPV Vaccine
3/1/2020	15:47:10	UT Nursing Health Minute-- Pneumonia
3/3/2020	11:16:16	UT Nursing Health Minute-- Smoking
3/5/2020	05:46:28	UT Nursing Health Minute-- Colorectal Cancer
3/6/2020	23:46:39	UT Nursing Health Minute-- Music and Memory
3/8/2020	14:17:22	UT Nursing Health Minute-- Blood Pressure
3/9/2020	23:17:06	UT Nursing Health Minute-- HPV Vaccine
3/11/2020	18:15:10	UT Nursing Health Minute-- Pneumonia
3/13/2020	13:17:30	UT Nursing Health Minute-- Smoking
3/15/2020	01:48:44	UT Nursing Health Minute-- Colorectal Cancer
3/16/2020	15:44:54	UT Nursing Health Minute-- Music and Memory
3/17/2020	17:14:42	UT Nursing Health Minute-- Blood Pressure
3/18/2020	14:44:22	UT Nursing Health Minute-- HPV Vaccine
3/19/2020	16:15:44	UT Nursing Health Minute-- Pneumonia
3/20/2020	18:14:04	UT Nursing Health Minute-- Smoking
3/21/2020	19:44:17	UT Nursing Health Minute-- Colorectal Cancer
3/22/2020	23:15:42	UT Nursing Health Minute-- Music and Memory
3/23/2020	21:44:24	UT Nursing Health Minute-- Blood Pressure
3/24/2020	20:15:24	UT Nursing Health Minute-- HPV Vaccine
3/25/2020	18:46:03	UT Nursing Health Minute-- Pneumonia
3/26/2020	17:14:15	UT Nursing Health Minute-- Smoking
3/27/2020	12:16:07	UT Nursing Health Minute-- Colorectal Cancer
3/28/2020	06:48:05	UT Nursing Health Minute-- Music and Memory
3/29/2020	02:18:13	UT Nursing Health Minute-- Blood Pressure
3/29/2020	22:46:12	UT Nursing Health Minute-- HPV Vaccine
3/30/2020	21:15:11	UT Nursing Health Minute-- Pneumonia

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.

January 2020	February 2020	MARCH 2020
1 A New Year	1 Celebrating Spring	1 Moon and Aldebaran
2 Isaac Asimov	2 Dubhe	2 Astro-2
3 Quadrantid Meteors	3 Moon and Aldebaran	3 Still Hunting
4 Land of the Supergiants	4 Solar Orbiter	4 Early Birth
5 Close to the Sun	5 Superflares	5 Neutrinos
6 Clam Beads	6 Windy Sun	6 Catching Neutrinos
7 Moon and Aldebaran	7 Helioseismology	7 Venus and Uranus
8 Double Horn	8 Evening Mercury	8 Seeing Stars
9 Mars and Antares	9 Moon and Regulus	9 Bright Beacon
10 Penumbral Eclipse	10 Giant Black Hole	10 Osiris
11 Royal Astronomical Society	11 Crab Pulsar	11 Alnitak
12 Moon and Regulus	12 Pulsar Searches	12 Alnilam
13 Critics	13 Pulsar Navigation	13 Mintaka
14 Accretion Disks	14 Crimson Star	14 Moon and Antares

15 Death of a Star	15 Puppis	15 Jumpy Stars
16 Black-Hole Generators	16 Rotten Egg Nebula	16 Moon and Planets
17 Moon and Spica	17 Moon and Mars	17 More Moon and Planets
18 Dog Stars	18 Moon and Jupiter	18 Pestilent Planets
19 Moon and Companions	19 Moon and Saturn	19 Spring Equinox
20 Witch Head Nebula	20 Variable Stars	20 Counting Candles
21 Moon and Jupiter	21 Contact Binaries	21 The Camel Leopard
22 Living on the Sun	22 Little Cats	22 Cor Caroli
23 Daniel Inouye Telescope	23 The Snake's Head	23 Towering Venus
24 Fornax	24 A Dull Neighborhood	24 Dwarf Galaxies
25 Monoceros	25 Maria Kirch	25 Windy Galaxies
26 Unicorn Clouds	26 NGC 246	26 Busy Betelgeuse
27 Moon and Venus	27 Moon and Venus	27 Wilhelm Roentgen
28 Impact Craters	28 Lewis Swift	28 Moon and Venus
29 Diamond Crater	29 Leap Day	29 Arneb
30 American Craters		30 Mars and Saturn
31 Adhara		31 Hardy Planet

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.

1/1/2020	07:39:38	Greenberg Travel Minute	2/17/2020	07:40:17	Greenberg Travel Minute
1/1/2020	17:43:33	Greenberg Travel Minute	2/17/2020	17:39:33	Greenberg Travel Minute
1/2/2020	07:41:08	Greenberg Travel Minute	2/18/2020	07:39:13	Greenberg Travel Minute
1/2/2020	11:40:00	Greenberg Travel Minute	2/18/2020	17:42:02	Greenberg Travel Minute
1/2/2020	17:40:50	Greenberg Travel Minute	2/19/2020	07:40:41	Greenberg Travel Minute
1/3/2020	07:39:56	Greenberg Travel Minute	2/19/2020	17:40:56	Greenberg Travel Minute
1/3/2020	17:41:12	Greenberg Travel Minute	2/20/2020	07:39:13	Greenberg Travel Minute
1/6/2020	07:39:41	Greenberg Travel Minute	2/20/2020	17:39:32	Greenberg Travel Minute
1/6/2020	17:40:52	Greenberg Travel Minute	2/21/2020	07:40:00	Greenberg Travel Minute
1/7/2020	07:40:56	Greenberg Travel Minute	2/21/2020	17:39:09	Greenberg Travel Minute
1/7/2020	17:41:14	Greenberg Travel Minute	2/24/2020	07:40:40	Greenberg Travel Minute
1/8/2020	07:40:28	Greenberg Travel Minute	2/24/2020	17:43:02	Greenberg Travel Minute
1/8/2020	17:40:48	Greenberg Travel Minute	2/25/2020	07:42:48	Greenberg Travel Minute
1/9/2020	07:40:22	Greenberg Travel Minute	2/25/2020	17:41:12	Greenberg Travel Minute
1/9/2020	11:41:01	Greenberg Travel Minute	2/26/2020	07:39:44	Greenberg Travel Minute
1/9/2020	17:40:25	Greenberg Travel Minute	2/26/2020	17:43:14	Greenberg Travel Minute
1/10/2020	07:40:39	Greenberg Travel Minute	2/27/2020	07:41:58	Greenberg Travel Minute
1/10/2020	17:40:35	Greenberg Travel Minute	2/27/2020	17:39:14	Greenberg Travel Minute
1/13/2020	07:41:04	Greenberg Travel Minute	2/28/2020	07:41:13	Greenberg Travel Minute
1/13/2020	17:40:51	Greenberg Travel Minute	2/28/2020	17:42:06	Greenberg Travel Minute
1/14/2020	07:39:53	Greenberg Travel Minute	3/2/2020	07:42:54	Greenberg Travel Minute
1/15/2020	07:40:00	Greenberg Travel Minute	3/2/2020	17:41:22	Greenberg Travel Minute
1/15/2020	17:41:11	Greenberg Travel Minute	3/3/2020	07:41:54	Greenberg Travel Minute
1/16/2020	07:41:40	Greenberg Travel Minute	3/3/2020	17:43:18	Greenberg Travel Minute
1/16/2020	17:39:55	Greenberg Travel Minute	3/4/2020	07:42:55	Greenberg Travel Minute
1/17/2020	07:41:17	Greenberg Travel Minute	3/4/2020	17:40:08	Greenberg Travel Minute
1/17/2020	17:40:25	Greenberg Travel Minute	3/5/2020	07:41:10	Greenberg Travel Minute
1/20/2020	07:40:25	Greenberg Travel Minute	3/5/2020	17:41:38	Greenberg Travel Minute
1/20/2020	17:41:12	Greenberg Travel Minute	3/6/2020	07:39:35	Greenberg Travel Minute
1/21/2020	07:39:30	Greenberg Travel Minute	3/6/2020	17:39:33	Greenberg Travel Minute
1/21/2020	17:41:31	Greenberg Travel Minute	3/9/2020	07:40:36	Greenberg Travel Minute

1/22/2020	07:40:34	Greenberg Travel Minute	3/9/2020	17:40:02	Greenberg Travel Minute
1/22/2020	17:40:36	Greenberg Travel Minute	2/14/2020	07:40:07	Greenberg Travel Minute
1/23/2020	07:40:00	Greenberg Travel Minute	2/14/2020	17:40:33	Greenberg Travel Minute
1/23/2020	17:41:09	Greenberg Travel Minute	3/10/2020	07:40:18	Greenberg Travel Minute
1/24/2020	07:40:23	Greenberg Travel Minute	3/10/2020	17:41:26	Greenberg Travel Minute
1/24/2020	17:41:47	Greenberg Travel Minute	3/11/2020	07:39:55	Greenberg Travel Minute
1/27/2020	07:43:34	Greenberg Travel Minute	3/11/2020	17:39:48	Greenberg Travel Minute
1/27/2020	17:40:15	Greenberg Travel Minute	3/12/2020	07:39:02	Greenberg Travel Minute
1/28/2020	07:39:41	Greenberg Travel Minute	3/12/2020	17:41:36	Greenberg Travel Minute
1/28/2020	17:41:28	Greenberg Travel Minute	3/13/2020	07:40:42	Greenberg Travel Minute
1/29/2020	07:40:21	Greenberg Travel Minute	3/13/2020	17:41:41	Greenberg Travel Minute
1/29/2020	17:39:32	Greenberg Travel Minute	3/16/2020	07:39:52	Greenberg Travel Minute
1/30/2020	07:40:26	Greenberg Travel Minute	3/16/2020	17:40:55	Greenberg Travel Minute
1/30/2020	17:41:33	Greenberg Travel Minute	3/17/2020	07:39:13	Greenberg Travel Minute
1/31/2020	07:39:20	Greenberg Travel Minute	3/17/2020	17:40:54	Greenberg Travel Minute
1/31/2020	17:40:50	Greenberg Travel Minute	3/18/2020	07:40:38	Greenberg Travel Minute
2/3/2020	07:39:56	Greenberg Travel Minute	3/18/2020	17:41:16	Greenberg Travel Minute
2/3/2020	17:39:57	Greenberg Travel Minute	3/19/2020	07:39:08	Greenberg Travel Minute
2/4/2020	07:39:08	Greenberg Travel Minute	3/19/2020	17:41:55	Greenberg Travel Minute
2/4/2020	17:41:35	Greenberg Travel Minute	3/20/2020	07:40:28	Greenberg Travel Minute
2/5/2020	07:40:28	Greenberg Travel Minute	3/20/2020	17:41:09	Greenberg Travel Minute
2/5/2020	17:40:41	Greenberg Travel Minute	3/23/2020	07:39:32	Greenberg Travel Minute
2/6/2020	07:40:05	Greenberg Travel Minute	3/23/2020	17:40:44	Greenberg Travel Minute
2/6/2020	17:41:02	Greenberg Travel Minute	3/24/2020	07:42:23	Greenberg Travel Minute
2/7/2020	07:43:11	Greenberg Travel Minute	3/24/2020	17:41:35	Greenberg Travel Minute
2/7/2020	17:41:50	Greenberg Travel Minute	3/25/2020	07:42:03	Greenberg Travel Minute
2/10/2020	07:40:11	Greenberg Travel Minute	3/25/2020	17:42:31	Greenberg Travel Minute
2/10/2020	17:41:24	Greenberg Travel Minute	3/26/2020	07:40:31	Greenberg Travel Minute
2/11/2020	07:41:16	Greenberg Travel Minute	3/26/2020	17:41:43	Greenberg Travel Minute
2/11/2020	17:39:35	Greenberg Travel Minute	3/27/2020	07:39:39	Greenberg Travel Minute
2/12/2020	07:41:04	Greenberg Travel Minute	3/27/2020	17:39:46	Greenberg Travel Minute
2/12/2020	17:40:47	Greenberg Travel Minute	3/30/2020	07:42:26	Greenberg Travel Minute
2/13/2020	07:39:29	Greenberg Travel Minute	3/30/2020	17:41:09	Greenberg Travel Minute
2/13/2020	17:43:38	Greenberg Travel Minute	3/31/2020	07:39:23	Greenberg Travel Minute
			3/31/2020	17:39:43	Greenberg Travel Minute

Public Service Announcements: Topics covered include:

Covid-19 Precautions, High Blood Pressure Screening, Memorial City Hall Concerts, Kilgore Fuller Center Re-Purpose Store, The Texas Museum of Broadcasting & Communications, University of Texas Nursing, East Texas Symphonic Band, Kilgore Community Blood Drive, Preservation Longview, Main Street Kilgore, City of Kilgore, Longview Farmer’s Market, Gregg County Historical Museum, , Kilgore Community Blood Drive, Marshall Arts Council, East Texas Men of Harmony, Tyler Civic Chorale, Tyler Senior Center, , Kilgore Masonic Lodge, TASCA, Don’t Drive Drunk, University of Texas Tyler, LeTourneau University Belcher Center, First Presbyterian Church Concerts, Jefferson Playhouse, Kilgore Public Library, Pittsburg Main St. Child Protective Services, First Tee Golf benefit, Exxon-Mobile Retiree’s Club, , Texas Parks & Wildlife and “Don’t Mess With Texas.” Altogether, KZQX broadcast a total of 3356 public service announcements in the three month period ending March 31, 2020.

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.

Earth Date plays every weekday, twice a day, on KZQX. Earth Date is a public service radio program with the mission to engage listeners in earth science and reconnect them with the wonders of the world. Earth Date tells captivating stories to remind listeners that science can enlighten, educate and entertain. Earth Date 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:

Show # 2020-01

Date aired: 1-5-20

Time Aired: 5:59:48

Michelle Mazurek, PhD, Assistant Professor, Computer Science, University of Maryland College Park

Nearly everyone today struggles with a myriad of passwords for their online activities. Professor Mazurek was involved in research at Carnegie Mellon University that found that long passphrases are more effective and easier to remember than an incomprehensible string of letters, numbers and special characters.

Issues covered:

Length: 8:52 6:02:48 Online Security

Crime, Consumer Matters

Chris Voss, former FBI's lead international kidnapping negotiator, founder and principal of The Black Swan Group, author of "*Never Split the Difference: Negotiating As If Your Life Depended On It*"

Mr. Voss discussed the skills that helped him and his colleagues succeed where it mattered most: saving lives. He explained how of those same negotiating tactics and principles are critical in everyday life, in areas such as buying a car, negotiating a salary, buying a home, or parenting.

Issues covered:

Length: 8:25 6:13:40

Career, Parenting

Christine Fahlund, Senior Financial Planner and Vice President of Investment Services at T. Rowe Price Investment Services

Ms. Fahlund discussed the effect that today's economy has on retirement planning. She believes that many Baby Boomers have been naive when it comes to planning for retirement. She also explained why some employers are becoming more proactive in helping their workers save for their senior years.

Issues covered:

Length: 5:04 6:23:05

Personal Finance, Retirement Planning, Senior Citizens

Show # 2020-02

Date aired: 1-12-20

Time Aired: 5:59:11

Jordan W. Smoller, PhD, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health

Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.

Issues covered:

Length: 8:41 6:02:11

Mental Health, Physical Fitness

Wendy Wood, PhD, Provost Professor of Psychology and Business at the University of Southern California, author of "*Good Habits, Bad Habits: The Science of Making Positive Changes That Stick*"

This is about the time in the calendar that New Year's resolutions fail. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.

Issues covered:

Length: 8:35 6:12:52

Personal Growth, Addictions

Sherry Pagoto, PhD, Professor in the Department of Allied Health Sciences, Director of the University of Connecticut Center for mHealth and Social Media

Prof. Pagoto led a study that found that 78 percent of major fitness chains offer tanning beds to their customers. She said that while the public health community has been trying to communicate the message to the public that tanning beds are not safe or healthy, gyms are essentially putting a 'health halo' on them because people associate gyms with health. She explained why tanning beds create serious risks for the development of skin cancer.

Issues covered:

Length: 4:51 6:22:27

Personal Health, Consumer Matters, Government Regulations

Show # 2020-03

Date aired: 1-19-20

Time Aired: 5:59:19

Erica Reischer, PhD, psychologist, parent educator, author of "*What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive*"

Children don't come with an owner's manual, but many parents wish they did. Dr. Reischer offered simple, action-oriented steps anyone can take to improve their parenting skills. She discussed the importance of empathy, how to distinguish between goals and methods, and why it's helpful for parents to view their kids as little explorers and scientists.

Issues covered:

Length: 7:51 6:02:19

Parenting

Andrew Scott, Professor of Economics at the London Business School, Fellow at All Souls College, Oxford University and the Centre for Economic Policy Research, co-author of "*The 100-Year Life: Living and Working in an Age of Longevity*"

Many Americans have been raised on the traditional notion of a three-stage approach to life: education, followed by work and then retirement. However, Prof. Scott said this well-established pathway is already beginning to collapse: life expectancy is rising, pensions are vanishing, and increasing numbers of people are juggling multiple careers. He offered suggestions for how to better plan for a productive, longer life and retirement in today's rapidly-evolving economy.

Issues covered:

Length: 9:23 6:12:10

Retirement Planning

Senior Citizens

Brian Fligor, Chief Audiology Officer at Lantos Technologies, Inc., former Director of Diagnostic Audiology and Children's Hospital in Boston

An estimated 2 million students in the US play in middle- and high-school marching bands. Dr. Fligor believes that parents should be concerned protecting their kids' hearing when they are exposed to loud sounds for long periods. He talked about the warning signs of hearing damage and explained the ways to prevent it.

Issues covered:

Length: 4:58 6:22:33

Hearing Loss, Health Issues, Parenting Concerns, Senior Citizens

Show # 2020-04

Date aired: 1-26-20

Time Aired: 5:59:01

Donna Thomson, author of *"The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver"*

It's estimated that 45 million Americans are currently providing unpaid care for a loved one. Ms. Thomson shared her own story as a longtime caregiver, and talked about the unexpected rewards and challenges that caregivers often find. She also explained why being part of a community of caregivers is vital to navigate the unpredictable terrain of care.

Issues covered:

Length: 9:20 6:02:01

Caregiving, Mental Health

Molly Carmel, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of *"Breaking Up with Sugar."*

Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.

Issues covered:

Length: 7:48 6:13:21

Nutrition, Addiction, Consumer Matters

Greg Masson, Chief of the Branch of Environmental Contaminants at the U.S. Fish & Wildlife Service

Prescription drugs are now being detected in many US rivers, lakes and streams. Mr. Masson expressed concern about the disposal of prescription medications and their impact on wildlife and the environment.

He explained how these products affect the health of animals and fish. He also outlined guidelines issued by his agency on how to properly dispose of unused drugs.

Issues covered:

Length: 4:53 6:22:09

Environment, Personal Health

Show # 2020-05

Date aired: 02-02-20

Time Aired: 5:58:29

Rachel Alinsky, MD., MPH, Pediatrician and Adolescent Medicine Fellow at the Johns Hopkins Children's Center

Dr. Alinsky led a recent study that found that less than a third of adolescents and young adults who experienced a nonfatal opioid overdose received appropriate follow-up addiction treatment to reduce the risk of a second overdose. She said youth are at a very high risk of another overdose in the first few months after the first one.

Issues covered:

Length: 9:20 6:01:29

Drug Addiction, Public Health

Monique Morrissey, Economist, Economic Policy Institute

Ms. Morrissey's organization is highly critical of the nation's policies for funding retirement. She led a study that found that only about 54% of Americans are saving for retirement. She explained why she believes that the shift from traditional pensions to 401(k)s has increased retirement inequality for U.S. families, based on their income, race, ethnicity, education, and marital status.

Issues covered:

Length: 7:48 6:12:49

Retirement Planning, Minority Concerns, Government Policies

Octavia H. Zahrt, doctoral candidate in health psychology at the Stanford University Graduate School of Business

Physical inactivity is estimated to account for 1 in 10 deaths worldwide, and 79% of U.S. adults do not meet recommended exercise guidelines. Ms. Zahrt co-authored a study that found that people who think they are less active than others in a similar age bracket die younger than those who believe they are more active – even if their actual activity levels are similar. She talked about the possible reasons behind this finding, and how a person's mindset affects their overall health.

Issues covered:

Length: 5:05 6:21:37

Physical Fitness, Mental Health

Show # 2020-06

Date aired: 2-9-20

Time Aired: 6:01:18

Anthony O'Neal, author of "*Debt-Free Degree: The Step-by-Step Guide to Getting Your Kid Through College Without Student Loans*"

Mr. O'Neal discussed the huge negative impact that student debt has on today's college graduates. He outlined three main ways to graduate debt free: saving money, finding money via grants and scholarships, and working for money. He recommended that students apply for lesser-known small-dollar scholarships, before going after the large ones.

Issues covered:

Length: 9:02 6:04:18

Education, Personal Finance

Ada Calhoun, author of "*Why We Can't Sleep: Women's New Midlife Crisis*"

Ms. Calhoun talked about the new midlife crisis facing Gen X women, and how they arrived there. She said most women in their 40s and early 50s are exhausted, terrified about money, under-employed, and overwhelmed. She believes that instead of being heard, they have been told to lean in, take "me-time," or make a chore chart to get their lives and homes in order. She talked about some of the possible societal changes that may address the problem.

Issues covered:

Length: 8:03 6:15:20

Women's Issues, Mental Health, Gen X Concerns

Michael Englesbe, MD, FACS, Cyrenus G. Darling Sr., MD and Cyrenus G. Darling Jr., MD Professor of Surgery at the University of Michigan in the Section of Transplantation Surgery

Dr. Englesbe led a study that examined inexpensive ways for surgery patients to get physically and mentally ready for their upcoming operation. He said the program may help reduce overall costs and get patients home faster. He said "prehabilitation," uses the weeks before surgery to encourage patients to move more, eat healthier, cut back on tobacco, breathe deeper, reduce their stress and focus on their post-operative goals.

Issues covered:

Length: 5:07 6:24:23

Personal Health, Healthcare Costs

Show # 2020-07

Date aired: 2-16-20

Time Aired: 6:02:30

Anna S. Mueller, PhD, Sociologist and Assistant Professor in Comparative Human Development, Research Associate at the Population Research Center at the University of Chicago

Teen suicide clusters are a recent discovery, and little is understood about their causes and how to prevent them. Prof. Mueller studied the phenomenon in a small town. She found that intense pressure to succeed academically and athletically, plus the ease with which private information became public, due to social connectedness, left teens and their parents unwilling to seek help for mental health problems. She said suicide prevention strategies need to be tailored to fit the unique dynamics of individual communities.

Issues covered:

Length: 7:57 6:05:30

Teen Suicide, Mental Health, Parenting

Shola Richards, author of *"Making Work Work: The Positivity Solution for Any Work Environment"*

A surprising number of Americans have experienced bullying on the job. Mr. Richards discussed the reasons that some people become bullies, and offered suggestions for how to deal with bullying in an effective and positive way. He said documenting dates, times and details of incivility are crucial, and that approaching the HR department with an issue is the best place to start.

Issues covered:

Length: 9:21 6:15:27

Bullying, Workplace Matters

Rodger Alan Friedman, chartered retirement planning counselor and financial advisor with more than 30 years' experience, author of *"Fire Your Retirement Planner: You! Concise Advice on How to Join the \$100,000 Retirement Club"*

More than half of all Americans are not confident or just slightly confident when it comes to making the right retirement investment decisions. Mr. Friedman believes retirement planning is not a do-it-yourself exercise, but that professional help is vital. He explained how to find a competent financial advisor.

Issues covered:

Length: 5:04 6:25:48

Retirement Planning, Senior Citizens

Show # 2020-08

Date aired: 2-23-20

Time Aired: 5:59:00

Jillian Peterson, PhD, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the "how" and why" of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:

Length: 9:02 6:0

Mass Shootings, Criminal Justice, Mental Health

Peter H. Diamandis, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of *"The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives"*

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:
Consumer Matters, Technology

Length: 8:03 6:13:02

Atara Twersky, attorney, author of the *Curlee Girlee* book series

Amid today's pressures of the #MeToo movement, gender discrimination and the peer pressures of social media, Ms. Twersky explained why it is crucial for parents to encourage young girls to celebrate their differences and lift each other up. She offered suggestions to empower young girls and to teach them that it's okay to be different.

Issues covered:
Women's Issues, Children's Issues

Length: 5:07 6:22:05

Show # 2020-09

Date aired: 3-1-20

Time Aired: 6:00:10

Sameer Hinduja, Ph.D., Professor in the School of Criminology and Criminal Justice within Florida Atlantic University's College for Design and Social Inquiry, Co-Director of the Cyberbullying Research Center

Teenagers in dating relationships today are constantly in touch via texting, social media and video chat. Prof. Hinduja led a study that examined "digital dating abuse," in which technology is used to repetitively harass, control or threaten a romantic partner. He found that more than 28% of teens who had been in a romantic relationship at some point in the previous year said they had been the victim of at least one form of digital dating abuse, and surprisingly, boys were more likely to experience it than girls.

Issues covered:

Length: 8:37 6:03:10

Dating Violence and Abuse, Teenager Concerns, Technology

Michael J. Tews, PhD, Associate Professor of Hospitality Management at Penn State University

Prof. Tews led a study that analyzed how a job candidate's social media posts affect decisions made by hiring managers. He said that 70% of employers reported looking at social media sites to help them evaluate potential employees, and 60% eliminated candidates on the basis of negative content. He found that posts that indicated self-absorption were the most damaging to a job hunter's prospects.

Issues covered:
Employment, Career

Length: 8:40 6:13:47

Greg Keoleian, Director of the Center for Sustainable Systems at the University of Michigan School for Environment and Sustainability

Environmentally-conscious consumers have probably heard that today's highly efficient dishwashers use less energy and water than traditional hand-washing techniques. However, Prof. Keoleian led a study that found that one manual washing technique--the two-basin method, in which dishes are soaked and

scrubbed in hot water and then rinsed in cold water--that is associated with fewer greenhouse gas emissions than machine dishwashing. He offered numerous energy-saving tips related to the task of washing dishes.

Issues covered:

Length: 5:03 6:23:27

Environment, Energy, Consumer Matters

Show # 2020-10

Date aired: 3-8-20

Time Aired: 5:59:28

Kelly McGonigal, PhD, health psychologist, lecturer at Stanford University, author of *“The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, And Courage”*

People who are regularly active have a stronger sense of purpose, and they experience more gratitude, love, and hope. Dr. McGonigal shared stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more. She said a gym workout or other intense exercise isn't necessary—it's just important to find an activity that is enjoyable.

Issues covered:

Length: 7:54 6:02:28

Mental Health, Physical Fitness, Aging

Mark McConville, PhD, family clinical psychologist in private practice in Cleveland, author of *“Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It”*

A recent study shows that a third of today's 25 to 29 year-olds live with their parents—three times as many as in 1970. Dr. McConville said that many are struggling with three critical skills that are necessary to make the transition from childhood to adulthood: finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. He explained why things have changed for this generation, and how parents can help.

Issues covered:

Length: 9:22 6:12:22

Parenting

Souvik Sen, MD, MS, MPH, Chair of Neurology at Palmetto Health-USC Medical Group, Professor of Neurology at the University of South Carolina School of Medicine

Dr. Sen led a study that found that gum disease may be linked to higher rates of stroke caused by hardened and severely blocked arteries. He discussed the connection between gum disease and blood inflammation. He found that patients with gum disease had twice as many strokes and were twice as likely to have moderately severe narrowing of brain arteries.

Issues covered:

Length: 4:56 6:22:44

Stroke Prevention, Personal Health

Show # 2020-11

Date aired: 3-15-20

Time Aired: 5:58:48

Dan Heath, Senior Fellow at the Center for the Advancement of Social Entrepreneurship at Duke University, author of *“Upstream: The Quest to Solve Problems Before They Happen”*

Mr. Heath said far too many people stay “downstream,” handling one problem after another, but they never make their way “upstream” to fix the systems that caused the problems. He cited several examples to illustrate why he believes that many crimes, chronic illnesses and customer complaints are often preventable.

Issues covered:

Length: 9:35 6:01:48

Workplace Matters, Education, Government

Hessam Sadatsafavi, PhD, Data Action Team Leader in the Department of Emergency Medicine at the University of Virginia Health System

Dr. Sadatsafavi led a recent study that found that properly designed and maintained outdoor green space has the potential to reduce violent crime and gun violence. He discussed the possible reasons that a community garden or small community park may keep people safe, decrease crime and promote better quality of life. He said the green space improvements are fairly inexpensive, particularly when done in the large scale of a major city.

Issues covered:

Length: 7:39 6:13:23

Crime, City Planning, Environment

Nancy Lan Guo, PhD, Associate Professor of Community Medicine and Cancer Center at West Virginia University, Program Assistant Director of West Virginia Clinical and Translational Science Institute for Biomedical Informatics

Dr. Gou led a study that found that microscopic toner nanoparticles that waft from laser printers may change our genetic and metabolic profiles in ways that make disease more likely. She said the primary concerns are for workers who work near printers that are in frequent use, those who are pregnant, and those who work in print shops. She said the study discovered dramatic genetic changes linked to cardiovascular, neurological and metabolic disorders.

Issues covered:

Length: 4:55 6:22:02

Personal Health, Workplace Matters

Show # 2020-12

Date aired: 3-22-20

Time Aired: 5:59:11

Susan Tillery, CPA/PFS, Chair of the American Institute of CPA's Personal Financial Planning Executive Committee

A recent survey from the American Institute of CPAs found that, for older Americans, falling victim to fraud is more devastating emotionally than financially. Ms. Tillery discussed the most common forms of fraud targeting the elderly, and how friends and family members can help to protect them.

Issues covered:

Length: 9:27 6:02:11

Crime, Elder Abuse, Retirement Planning, Aging

Kasey Wallis, personal coach, co-author of “*Who You Are Being*”

A recent poll found that 22 percent of Americans feel angry a lot, up from 17 percent the previous year. Ms. Wallis talked about the reasons behind this trend, and why different people react differently to anger. She outlined several ways to diffuse the problem, including focused breathing. She also discussed ways that parents can teach their children how to deal with anger in a healthy way.

Issues covered:

Length: 7:48 6:13:38

Mental Health, Media, Parenting

Justin D. Kreuter, MD, Instructor of Laboratory Medicine and Pathology, Transfusion Medicine Specialist with the Mayo Clinic Blood Donor Center

With recommendations to stay home during the COVID-19 pandemic, the U.S. now has a critical blood shortage. Dr. Keuter said nearly half of US blood collectors are reporting that they only have a two-day supply or less of blood products. He outlined the reasons that collections have plummeted and explained why potential donors should not be fearful to go to donation centers.

Issues covered:

Length: 5:09 6:22:26

Blood Donation, Coronavirus

Show # 2020-13

Date aired: 3-29-20

Time Aired: 5:59:00

Dani Babb, PhD, MBA, online education expert, founder and CEO of the Babb Group, which specializes in curriculum development and faculty training and services.

Ms. Babb discussed what is working well for schools, what is not working, and how education delivery will be forever changed by Covid-19. She talked about the specific technical issues and other unexpected changes facing many schools that have scrambled to move classes online. She said the graduating class of 2020 will likely end up having “virtual’ graduation ceremonies.

Issues covered:

Length: 9:18 6:0

Education, Coronavirus, Technology

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: 7:48 6:13:18

Racial Bias, Diversity, Parenting

Beth K. Rush, PhD, Neuropsychologist from the Dept. of Psychiatry and Psychology at the Mayo Clinic

Stay at home orders and non-stop news coverage about the Coronavirus pandemic is creating worry and anxiety for people across the globe. Dr. Rush suggested ways to cope with the crisis. She said it is important to establish daily routines. She also said limiting exposure to the constant media reports and Facebook comments can also help.

Issues covered:

Length: 4:56 6:22:06

Mental Health, Coronavirus, Media