

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

April 1 – June 30, 2020
Filed 7-06-2020

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 which 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 telephone call in “Good News Line” where the public can call, 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.

Apr. 1st Alzheimer's disease treatment	May 18th Female urinary incontinence
Apr. 2nd Causes and remedies for thumb arthritis	May 19th Infertility
Apr. 3rd Why whole grains are the healthier choice	May 20th Nipple-sparing mastectomy, pre-pectoral breast reconstruction
Apr. 6th What causes kidney stones	May 21st Drugs for erectile dysfunction
Apr. 7th Eating before bedtime	May 22nd Center for Innovation
Apr. 8th Treating gynecologic cancers	May 25th Benefits of minimally invasive back surgery
Apr. 9th How Moh's surgery is used to fight skin cancer	May 26th Stress and complementary therapies
Apr. 10th Teens and mental health issues	May 27th Antibiotic allergies
Apr. 13th Ideas for improving herb flavor	May 28th Using measles to fight cancer
Apr. 14th Surgical options for back pain	May 29th A warning for parents about sliding with kids
Apr. 15th Revamping your plate to avoid processed foods	Jun. 1st You're washing your hands all wrong
Apr. 16th Quality of life discussion for cancer patients	Jun. 2nd Benefits of light activity
	Jun. 3rd Sleep Hygiene

Apr. 17th Ovarian cancer	Jun. 4th Carpal tunnel surgery
Apr. 20th Microbiome DNA	Jun. 5th Rise in STD's
Apr. 21st Lung restoration	Jun. 8th Chronic kidney disease
Apr. 22 nd Long QT syndrome	Jun. 9th Regenerative therapies for knee arthritis
Apr 23rd Men's health prostate screening	Jun.10th Pediatric asthma
Apr. 24th NSAIDs and heart damage	Jun. 11th Pediatric asthma risk factors
Apr. 27th Probiotics	Jun. 12th Integrative health
Apr. 28th Quitting smoking now can add years, quality of life	Jun. 15th Infertility treatments
Apr. 29th Smoking and pharmacogenomics	Jun. 16th Migraine drug treatment
Apr. 30th Teens and anxiety	Jun. 17th New migraine treatment
May 1st Anal fissures	Jun. 18th Herbal Viagra
May 4th Weight gain in middle aged women	Jun. 19th Preventing mid-life weight gain
May 5th Antibiotic resistance	Jun. 22 nd hormone therapy for women
May 6th Stroke awareness	Jun. 23 rd 3-D modeling
May 7th Stroke treatment	Jun. 24th HIPEC
May 8th Carpal tunnel syndrome	Jun. 25th Cold cap therapy
May 11th Proctalgia fugax	Jun. 26th GSM is treatable
May 12th Fibromyalgia	Jun. 29th Hoarding disorder
May 13th Liquid biopsy	Jun. 30th Getting starting on an exercise routine
May 14th Hyperbaric oxygen therapy	
May 15th Individualized medicine	

U. T. Tyler Health Minute airs multiple times per day and is produced in our studios using student nurses from the Longview campus. Due to Covid-19 restrictions, we have been unable to add new topics, however we have continued to air old episodes in a rotation. Topics include high Blood Pressure, Colorectal Cancer, Memory, Pneumonia, HPV Vaccine, and Smoking Hazards.

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 2020	May 2020	June 2020
1 Volcanic Moon	1 Moon and Regulus	1 Omega Centauri
2 Bright Subject	2 Venus and El Nath	2 Heavyweight Merger
3 Venus and the Pleiades	3 Eta Aquarid Meteors	3 Venus Disappears
4 Moon and Regulus	4 Special Days	4 Moon and Antares
5 Bright Galaxies	5 Bright Lights	5 New Missions
6 Venus and Aldebaran	6 Satellites Galore	6 Muscida
7 Mars Equinox	7 Ducking Satellites	7 Moon and Jupiter
8 Tau Ceti	8 Moon and Antares	8 Moon and Saturn
9 Epsilon Eridani	9 North Pole	9 Alpha Centauri
10 Solar Minimum	10 Moon and Planets	10 Alpha Centauri Planets
11 Vela Supernova	11 Moon and Jupiter	11 Moon and Mars
12 Galactic Fireworks	12 Moon and Saturn	12 More Moon and Mars
13 Apollo 13	13 Moon and Mars	13 Hayabusa
14 Moon and Planets	14 Speedy Stars	14 Lexell's Comet
15 Moon and Mars	15 Maximilian Hell	15 Windy Black Holes
16 Relics	16 Rescue!	16 Black-Hole Weirdness
17 Crater Hunting	17 The Keystone	17 The Final Parsec
18 Meteorites	18 Mount St. Helens	18 Moon and Venus
19 Tracking Meteors	19 Stellar Sailing	19 Summer
20 Lyrid Meteors	20 Venus and Mercury	20 Nova Vulpecula
21 Double Showers	21 Stellar Flash	21 Centaurs

22 Earth Day	22 Deadly Sun	22 Oort Cloud
23 Universe	23 Moon and Companions	23 Moon and the Beehive
24 The Great Debate	24 Twin Jewels	24 Moon and Regulus
24 Moon and Companions	25 Quiet Neighbor	25 The Stinger
26 Moon and Venus	26 Moon and Gemini	26 Nesting Stars
27 Messier 53	27 Keeping Time	27 Lupus
28 Southern Pinwheel	28 Keeping Time II	28 Moon and Spica
29 Land of Explorers	29 Keeping Time III	29 Shuttle-Mir
30 Aging Explorers	31 Ophiuchus	30 Definitions
	31 Ophiuchan Clusters	

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.

Public Service Announcements: Topics covered include:

Covid-19 Precautions, High Blood Pressure Screening, Kilgore Fuller Center Re-Purpose Store, The Texas Museum of Broadcasting & Communications, University of Texas Nursing, Kilgore Community Blood Drive, Main Street Kilgore, City of Kilgore, Don't Drive Drunk, University of Texas Tyler, LeTourneau University Belcher Center, Jefferson Playhouse, Kilgore Public Library, University of Texas Health Science Center, Child Protective Services, Governor Gregg Abbott (Covid 19 announcements) Texas Parks & Wildlife and Texas Department of Transportation "Don't Mess With Texas." Altogether, KZQX broadcast a total of 2675 public service announcements in the three month period ending June 30, 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, Coronavirus, 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 # 2020-14

Date aired: 4-5-20 Time Aired: 6:01:50

Gregory A. Poland, MD, Mary Lowell Leary Professor of Medicine at the Mayo Clinic in Rochester, MN, Director of the Mayo Clinic's Vaccine Research Group, Editor-in-Chief of the medical journal Vaccine

Dr. Poland discussed the status of the coronavirus pandemic and what must happen before lockdowns and physical distancing can be eased. He offered recommendations on what to disinfect in homes, whether surgical masks are useful for the general public, what to do about summer vacation plans, and other steps to take to avoid the virus.

Issues covered: **Length: 8:59** **6:04:50**
Coronavirus, Personal Health, Government Regulations

Dan Stockdale, Licensed Healthcare Executive in seven states, Certified Nursing Home Administrator, Certified Assisted Living Administrator

Nursing homes and retirement communities have been an intense focal point for the coronavirus pandemic. Mr. Stockdale outlined the steps that nursing homes across the country have taken to protect their residents and staff. He explained what families and others can do to help during this time of social isolation.

Issues covered: **Length: 8:13** **6:15:49**
Coronavirus, Senior Citizens

Chris Robinson, Board Member of the National Funeral Directors Association, Managing Owner of Robinson Funeral Home in Easley, SC

The coronavirus lockdowns have had a dramatic effect on the way today's funerals and memorial services can be conducted. Mr. Robinson said live streaming of funeral services, small graveside services, and online guest books have become the temporary replacements for traditional rituals. He also discussed the shortage of personal protection equipment for workers in the funeral industry.

Issues covered: **Length: 5:09** **6:25:02**
End of Life, Coronavirus

Show # 2020-15

Date aired: 4-12-20 Time Aired: 5:59:01

Ken Johnson, PhD, Senior Demographer at the Carsey School of Public Policy and Professor of Sociology at the University of New Hampshire

As the coronavirus pandemic spreads across the country, those living in rural areas, are increasingly threatened. Prof. Johnson said that people in rural areas are often more reliant on their neighbors than those who live in urban areas, via through such things as volunteer fire departments and shared educational resources. He said hospitals and doctors are almost always further away in rural areas. He also discussed the potential impact to agriculture and other areas of the rural economy.

Issues covered: **Length: 8:59** **6:02:01**
Coronavirus, Rural Concerns, Agriculture

Ellie Hollander, President and Chief Executive Officer of Meals on Wheels America

Ms. Hollander talked about the effect the coronavirus pandemic on Meals on Wheels and the elderly citizens they serve. She said for many elderly clients, Meals on Wheels volunteers are the only people a senior may see in a given day, so families often depend on them to monitor their loved one's day to day welfare. She explained how someone can volunteer or make a cash donation to help.

Issues covered: **Length: 8:13** **6:12:08**
Coronavirus, Senior Citizens, Volunteerism

Teri Secrest, certified health & wellness coach, natural health educator, CEO of Joy of Living

As many Americans are stuck at home, Ms. Secrest said it is important to make wise health choices. She offered suggestions to avoid eating or drinking out of boredom, and to incorporate exercise into a daily routine. She also offered ideas to deal with stress and anxiety.

Issues covered:

Length: 5:09

6:22:19

Coronavirus, Personal Health, Mental Health

Show # 2020-16

Date aired: 4-19-20 Time Aired: 6:00:03

David Spiegel, MD, Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences at Stanford University, Director of the Stanford Center on Stress and Health.

A recent poll found that half of Americans are now suffering mental health issues as a result of the economic shutdown and coronavirus pandemic. Dr. Spiegel outlined the multiple challenges faced by every American during the crisis. He said he expects the mental health effects to be a long-term issue, including increased rates of suicide. He offered tips for coping.

Issues covered:

Length: 10:14

6:03:03

Mental Health, Suicide, Coronavirus

Maureen Mahoney, Policy Analyst, Consumer Reports

From fake cures for coronavirus to phishing emails and phony websites, scammers are taking advantage of consumers' fear as the virus spreads. Ms. Mahoney talked about the way authorities have handled a recent wave of robocalls. She explained how consumers can recognize the signs of a spoofed phone number, or a text or social media message sent by a scammer.

Issues covered:

Length: 7:00

6:15:17

Crime, Consumer Matters, Coronavirus

Jean Shafiroff, philanthropist, author of "*Successful Philanthropy: How to Make a Life by What You Give*"

As Americans experience historic levels of unemployment, Ms. Shafiroff said food pantries, charities, and nonprofits are seeing huge drops in donations amidst financial uncertainties, while demand for their services skyrockets. She stressed the urgent need for donations and volunteering from those who are able to do so.

Issues covered:

Length: 4:58

6:23:17

Poverty, Hunger, Volunteerism, Unemployment, Coronavirus

Show # 2020-17

Date aired: 4-26-20 Time Aired: 5:59:36

Amy David, PhD, Clinical Assistant Professor of Supply Chain and Operations Management at Purdue University

As store shelves emptied and consumers became frustrated at being unable to get basic supplies during the coronavirus pandemic, many blamed hoarders. Dr. David explained the real reasons behind the shortages, and how the supply chain for food and most other products is much more complex and brittle than most people realize. She talked about ways to build flexibility and redundancies into a supply chain.

Issues covered:

Length: 10:03

6:02:31

Consumer Matters, Coronavirus

Brian Walsh, Certified Financial Planner at SoFi, a personal finance company

Mr. Walsh outlined prudent financial steps Americans should take to protect themselves during the COVID-19 economic tailspin. He discussed scenarios for those who are unemployed, those who are worried about their jobs and those who have received stimulus checks.

Issues covered: **Length: 7:17** **6:14:34**
Personal Finance, Government Stimulus, Consumer Matters, Coronavirus

Richard Winchester, JD, Visiting Professor at Seton Hall University School of Law, national authority on small business and federal employment tax policy

Many Americans have received their stimulus payments from the federal government, but millions of others are still waiting. Prof. Winchester offered advice and web site locations for people to check on the payments and to provide information to the government to expedite the process. He also outlined the numerous aspects of economic aid built into the stimulus bill passed by Congress.

Issues covered: **Length: 4:56** **6:22:51**
Government Stimulus, Consumer Matters, Unemployment, Coronavirus

Show # 2020-18

Date aired: 5-03-20 Time Aired: 5:59:28

Rick Seaney, CEO of FareCompare.com

A recent poll found that nearly half of all Americans are ready to travel the moment the pandemic fears are over. Mr. Seaney discussed the current state of air travel. He said, although the current travel outlook is bleak with few flights in the air, there are numerous bargains for consumers who are willing to buy tickets for use later in the year.

Issues covered: **Length: 8:51** **6:02:28**
Consumer Matters, Transportation, Coronavirus

Amanda Kubista-Owen, social worker with Mayo Clinic Health System

Among the unintended consequences of government-ordered lockdowns, Ms. Kubista-Owen said cases of domestic violence and child abuse are becoming more frequent, more severe and more dangerous. She offered advice to those dealing with abusive relationships and said that resources are still available to help victims, despite the pandemic.

Issues covered: **Length: 8:15** **6:13:19**
Domestic Violence, Child Abuse, Coronavirus

Tim Lash, Chief Strategy Officer for West Health, a nonprofit organization dedicated to lowering the healthcare costs of senior citizens

Mr. Lash's organization commissioned a Gallup poll that found that about 1 in 7 Americans say they would avoid seeking medical care if they experienced key symptoms associated with COVID-19, out of fear of the potential cost. He talked about the possible reasons behind this finding. He also discussed the concerns surrounding the greater impact of coronavirus in minority communities.

Issues covered: **Length: 5:00** **6:22:34**
Personal Health, Health Insurance, Minority Concerns, Coronavirus

Show # 2020-19

Date aired: 5-10-20 Time Aired: 6:02:36

Benjamin Domb, MD, orthopedic surgeon, Founder and Medical Director of the American Hip Institute & Orthopedic Specialists in suburban Chicago

Dr. Domb said a secondary health care crisis is now brewing. He believes it threatens to be much larger than the crisis caused by COVID-19 itself, after the complete stoppage of all non-urgent procedures such as most surgeries, annual mammograms, routine blood tests and cancer screenings.

Issues covered: **Length: 8:48** **6:05:36**
Public Health, Government, Coronavirus

Eric Groves, Co-Founder and CEO of Alignable, a social network for local businesses

Mr. Groves shared the results of his organization's recent polling, which found that 34% of small businesses nationwide won't be able to pay their May rent in full, as a result of the government-mandated lockdowns. He said retailers, travel, restaurants and personal services businesses are suffering the most, as more than 44% of all small businesses have been shuttered. He also discussed government aid that is available to help small businesses.

Issues covered: **Length: 8:25** **6:16:24**
Small Business/Economy, Government, Unemployment, Coronavirus

Gregory A. Poland, MD, Mary Lowell Leary Professor of Medicine at the Mayo Clinic in Rochester, MN, Director of the Mayo Clinic's Vaccine Research Group, Editor-in-Chief of the medical journal Vaccine

Dr. Poland explained the pluses and minuses of herd immunity, what the similarities and differences are between COVID-19 and the flu, and how he thinks workplaces and schools may change in the future as a result of the pandemic, with less business travel and more e-learning. He said he hopes that we become much more of a mask-wearing society.

Issues covered: **Length: 5:13** **6:25:49**
Coronavirus, Personal Health

Show # 2020-20

Date aired: 5-17-20 Time Aired: 6:00:41

Lisa M. Brosseau, PhD, expert on respiratory protection and infectious diseases, Certified Industrial Hygienist, former Director of the Illinois Education and Research Center and the Director of the Center for Healthy Work, both at the University of Illinois Chicago School of Public Health

Prof. Brosseau spent decades studying the efficacy and fit of surgical masks and respirators, and the airborne transmission of infectious disease. She said there is no scientific basis for the general public to use cloth masks to prevent COVID-19. She explained why there is a great difference between the use of masks in medical settings vs going to the grocery store. She is concerned that authorities who are ordering the use of bandanas and the like are not taking the issue seriously, and that masks may cause the public to disregard physical distancing.

Issues covered: **Length: 11:53** **6:03:41**
Public Health, Government, Coronavirus

Prathit A. Kulkarni, MD, Infectious Diseases Section, Department of Medicine, Baylor College of Medicine

Dr. Kulkarni explained the basics of contact tracing and why experts believe it will be an effective weapon in the fight against COVID-19. He said the exact number of contact tracers hired by the government will depend on the population and severity of the outbreak in each geographic area.

Issues covered: **Length: 5:57** **6:17:34**

Public Health, Government, Coronavirus

Donald D. Hensrud, MD, MS, Associate Professor of Nutrition and Preventive Medicine at Mayo Clinic and Director of the Mayo Clinic Healthy Living Program

It's being called the "Quarantine 15"-- gaining weight while staying at home during the COVID-19 pandemic. Dr. Hensrud talked about the common causes of weight gain during the coronavirus lockdowns and what people can do to avoid it and to get some exercise.

Issues covered:

Length: 5:06

6:24:31

Weight Gain, Personal Fitness, Coronavirus

Show # 2020-21

Date aired: 5-24-20 Time Aired: 5:558:22

James J. Duane, Professor at Regent Law School in Virginia Beach, VA, author of "*You Have the Right to Remain Innocent*"

Prof. Duane explained the importance of the Fifth Amendment. He believes it is a constitutional right not clearly or widely understood by the average American. He explained why he advises everyone to never answer questions from law enforcement officers without legal representation. He believes when someone is wrongfully convicted of a crime they didn't commit, often it is because of information they voluntarily gave to investigators.

Issues covered:

Length: 9:03

6:01:22

Constitutional Rights, Legal Matters, Crime

Frank Lalli, investigative journalist, author of "*Your Best Health Care Now: Get Doctor Discounts, Save With Better Health Insurance, Find Affordable Prescriptions*"

Mr. Lalli shared his personal story: after he was diagnosed with multiple myeloma, a treatable form of blood cancer, he put his reporter's instincts to work and got the wonder drug he needed at an affordable price—thousands of dollars less than he was told he would have to spend. He explained how to negotiate doctors' fees and how to search for assistance in paying for medications.

Issues covered:

Length: 8:11

6:12:25

Personal Health, Consumer Matters

Alan Cook, Licensed Contractor, author of "*A Trip to the Number Yard*"

America's math proficiency is rated 24th out of 29 math-tested countries. Mr. Cook talked about the problem of mathematic illiteracy for both do-it-yourselfers and trade professionals, and the mishaps that sometimes occur as a result. He explained which math skills are crucial to these blue-collar endeavors. He believes the main problem is that that our nation's schools have failed to teach math in an engaging manner.

Issues covered:

Length: 4:41

6:21:36

Education, Workplace Matters

Show # 2020-22

Date aired: 5-31-20 Time Aired: 6:01:52

Paul A. Offit, MD, Director of the Vaccine Education Center and Professor of Pediatrics in the Division of Infectious Diseases at Children's Hospital of Philadelphia, co-inventor of the rotavirus vaccine

Dr. Offit discussed the race for a COVID-19 vaccine. He talked about the various strategies that vaccine researchers are pursuing and what the biggest challenges are. He said the typical vaccine takes 20 years to develop. He believes the chances are low that a vaccine will be available by the end of 2020, even with unprecedented resources poured into the research. He expects that there will eventually be multiple vaccines using different approaches because of the great number of companies and government agencies engaged in research.

Issues covered:

Length: 9:15

6:04:52

Vaccines, Government, Coronavirus

Bob Bixby, Executive Director of the Concord Coalition, a nationwide, non-partisan, grassroots organization advocating generationally responsible fiscal policy

Mr. Bixby discussed the rapidly expanding national debt. He said although he is a deficit hawk, he believes that the US government has little choice than to pour trillions of dollars into the economy in response to the current economic tailspin. He believes the increased spending should be temporary and carefully targeted, and that taxes will almost certainly have to rise in future years. He talked about the path to recovery, once the COVID-19 crisis has passed.

Issues covered:

Length: 8:03

6:16:07

Economy, Government, Coronavirus

Bobbi S. Pritt, MD, Director of the Clinical Parasitology Laboratory in the Department of Laboratory Medicine and Pathology at Mayo Clinic

Dr. Pritt explained the differences between two primary tests related to COVID-19. She explained who should get either of the tests, how long it takes to receive the results, and what happens next if someone receives a positive test.

Issues covered:

Length: 5:09

6:25:10

Public Health, Coronavirus

Show # 2020-23

Date aired: 6-07-20 Time Aired: 6:00:09

Colleen Tressler, Senior Project Manager, Division of Consumer and Business Education, Federal Trade Commission

Health experts say that contact tracing helps to stop the spread of COVID-19. However, Ms. Tressler noted that scammers, pretending to be government contact tracers, are sending text messages that contain links to malware, to hijack an unsuspecting consumer's computer or phone. She explained how to recognize a scam and how to report one to the FTC.

Issues covered:

Length: 8:42

6:03:09

Consumer Matters, Crime, Coronavirus

George Zaidan, science communicator, television and web host, author "*Ingredients: The Strange Chemistry of What We Put in Us and on Us*"

Mr. Zaidan discussed the often-unsettled science surrounding food and health, and why the health aspects of processed food are so controversial. He explained how consumers can try to judge the credibility of media reports about nutrition and food. He also discussed the safety of chemicals that we use on our bodies, such as sunscreen.

Issues covered:

Length: 8:16

6:13:51

Nutrition, Media, Consumer Matters

Adrienne Lawrence, former ESPN anchor and legal analyst, author of *“Staying in the Game: The Playbook for Beating Workplace Sexual Harassment”*

Ms. Lawrence explained how most companies mishandle sexual harassment cases and why. She also discussed the mental health consequences faced by those who report sexual harassment and how to deal with it. She talked about the impact of the MeToo# movement and what she sees as the future of dealing with sexual harassment as a society.

Issues covered: **Length: 5:03** **6:23:07**
Sexual Harassment, Women’s Concerns, Workplace Matters

Show # 2020-24

Date aired: 6-14-20 Time Aired: 5:58:41

Mark Votruba, PhD, Associate Professor of Economics in the Weatherhead School of Management at Case Western Reserve University

Prof. Votruba was the co-author of a study that examined how layoffs and unemployment may affect crime rates. He found that workers who were let go through no fault of their own experienced a 60% jump in property crimes charges and an overall 20% increase in criminal-charge rates in the year after losing their job. He talked about the possible reasons behind this finding, and how it can be remedied.

Issues covered: **Length: 8:42** **6:01:41**
Unemployment, Crime

Allan J. Hamilton, MD, Harvard-trained brain surgeon, Regents' Professor of Neurosurgery at the University of Arizona Health Sciences Center, author of *“Younger Next Year”*: and *“Younger Next Year for Women”*

Dr. Hamilton discussed a wave of encouraging new research suggesting ways to prevent Alzheimer’s disease and cognitive decline. He discussed the importance of exercise in generating the growth of new brain cells, and said that it can even result in significant increases in IQ. He explained how women’s brains age differently than men, and why preventative steps are even more important for women.

Issues covered: **Length: 8:16** **6:12:23**
Alzheimer’s disease, Physical Fitness, Aging

Shannon M. Robson, PhD, MPH, RD, Assistant Professor in the Department of Behavioral Health and Nutrition, Principal Investigator of the Energy Balance and Nutrition Laboratory at the University of Delaware

89% of Americans believe it’s important for families to have as many family meals as possible each week. Dr. Robson led a study that showed that more frequent family meals were associated with better dietary outcomes and improved family relationships. She offered suggestions for families to overcome obstacles to gathering for dinner.

Issues covered: **Length: 5:03** **6:21:39**
Nutrition, Parenting

Show # 2020-25

Date aired: 6-21-20 Time Aired: 5:59:18

Philip Moeller, author of *“Get What’s Yours for Medicare: Maximize Your Coverage, Minimize Your Costs”*

Health costs are the biggest unpredictable expense for older Americans, who are turning 65 at the rate of 10,000 a day. While Medicare guarantees them affordable health insurance, few Americans know what Medicare covers and what it doesn’t, what it costs, and when to sign up. Mr. Moeller explained why Medicare has become so confusing, and how people approaching retirement can understand these complex and important choices.

Issues covered:

Length: 9:13

6:02:18

Medicare, Senior Citizens, Healthcare

Caitlin Shetterly, author of *“Modified: GMOs and the Threat to Our Food, Our Land, Our Future”*

GMO products are among the most consumed and the least understood substances in the United States today. Ms. Shetterly shared her personal story of how GMOs affect her family’s health. She explained why consumers should learn more about GMOs and why organic foods can be a sensible choice.

Issues covered:

Length: 8:01

6:13:31

Food Safety, Personal Health, Consumer Matters

Costantino Iadecola, M.D., Anne Parrish Titzell Professor of Neurology and Director of the Brain and Mind Research Institute at Weill Cornell Medical College in New York

Dr. Iadecola authored a report for the American Heart Association which found that high blood pressure, especially in middle age, is associated with an increased risk of cognitive impairment later in life. He outlined steps to deal with high blood pressure.

Issues covered:

Length: 4:58

6:22:32

Alzheimer’s Disease, Personal Health