

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

October 1 – December 31, 2019

Filed 1-06-2020

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.

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.

Oct. 1st	Innovative treatment for moyamoya disease	Nov. 18th	Cancer myths
Oct. 2nd	Shifting through flour options	Nov. 19th	Newborn hearing screening
Oct. 3rd	Common causes of chronic constipation	Nov. 20th	Hypnosis
Oct. 4th	Breast cancer screening recommendations	Nov. 21st	The trouble with fruit juice
Oct. 7th	Vaccine researcher's advice about the flu	Nov. 22nd	Do you know these important health numbers
Oct. 8th	Primary care and mental health	Nov. 25th	Tinnitus
Oct. 9th	Treating male hair loss	Nov. 26th	Media recommendations for very young children
Oct. 10th	ADHD risk factors	Nov. 27th	Be careful while carving this Thanksgiving
Oct. 11th	Genetic testing for breast cancer	Nov. 28th	Magnetic resonance elastography
Oct. 14th	Nutrient dense food	Nov. 29th	Hip replacement surgery
Oct. 15th	3 hours from heartburn	Dec. 2nd	Aortic Aneurysm
Oct. 16th	Urinary stress incontinence	Dec. 3rd	Vaping chemicals not water
Oct. 17th	The cautions and benefits of honey	Dec. 4th	Gray hair and heart disease
Oct. 18th	Colorectal cancer options for screening	Dec. 5th	Fighting arthritis with food
Oct. 21ST	Cognitive behavioral therapy for sleep	Dec. 6th	Bogus cancer treatment
Oct. 22nd	Prediabetes and diabetes	Dec. 9th	Do heart supplements work
Oct. 23rd	Obesity and foot problems	Dec. 10th	Symptoms and solutions for carpal tunnel syndrome
Oct. 24th	Robotic knee replacement	Dec. 11th	Can pushups predict your health
Oct. 25th	Women's health	Dec. 12th	Multiple sclerosis diagnosis
Oct. 28th	3 tips to avoid Halloween hand injuries		
Oct. 29th	Tumor ablation		
Oct. 30th	Supplemental breast cancer screening		
Oct. 31ST	Hospice care		

Nov. 1st	A doctors assignment for healthier students	Dec. 13th	Multiple sclerosis treatment
Nov. 4th	Benefits of strength training	Dec. 16th	Benefits and risks of corticosteroid shots
Nov. 5th	Obesity and cancer	Dec. 17th	Cervical cancer and HPV
Nov. 6th	Alcohol use disorder treatment	Dec. 18th	Prostate biopsy technique reduces infection
Nov. 7th	A hand surgeon's advice on knuckle cracking time code	Dec. 19th	Secondhand vape
Nov. 8th	Discover farro	Dec. 20th	Holiday driving safety
Nov. 11th	What is MS	Dec. 23rd	The hearing and dementia connection
Nov. 12th	Preventing constipation	Dec. 24th	How the thyroid affects the heart
Nov. 13th	Brain aging	Dec. 25th	Make time for family meals
Nov. 14th	Is your thumb pain de Quervains tenosynovitis	Dec. 26th	The 60-60 rule for safe listening
Nov. 15th	Researching vaping juice	Dec. 27th	How much exercise do you need
		Dec. 30th	Don't wait on losing weight
		Dec. 31st	3 tips for controlling sugar in your diet

Passport to Texas is a three times weekly 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 SEPTEMBER 30 –October 04

10/01 Tues. Hunt: Big Time Texas Hunts
10/02 Wed. Hunt: Big Time Alligator Hunt
10/03 Thur. Hunt: Big Time Grand Slam

Week of OCTOBER 07 - 11

10/08 Tues. Hunt: Big Time Nilgai Hunt
10/09 Wed. Hunt: Big Time Waterfowl Hunt
10/10 Thur. Hunt: Big Time Wild Hog Hunt

Week of OCTOBER 14 - 18

10/15 Tues. Hunt: Hunter Readiness
10/16 Wed. Hunt: Learning to Hunt
10/17 Thur. Endangered: Whooping Cranes

Week of OCTOBER 21 - 25

10/22 Tues. Environment: The Dead Zone
10/23 Wed. Education: Camp Wildflower
10/24 Thur. Threatened: Lesser Prairie Chicken

Week of OCTOBER 28 – November 01

10/29 Tues. Endangered: Ocelot Habitat Restoration
10/30 Wed. Art/Parks: Centennial Artists
10/31 Thur. Art/Parks: Centennial Artist Clemente Guzman

Week of NOVEMBER 04 – 08

11/05 Tues. Parks: Nature Tourism: Nature Viewing Trails
11/06 Wed. Parks: Nature Tourism: Varied Activities
11/07 Thur. Parks: Nature Tourism: Something for Everyone

Week of NOVEMBER 11 – 15

11/12 Tues. Water Sports: Jarvis Boards| Passion & Purpose
11/13 Wed. Children: Kids in Nature | Backyard Tour
11/14 Thur. Coastal: Sea Center Texas | Fun with Fishes

Week of NOVEMBER 18 - 22

11/19 Tues. Birds: Christmas Bird Count

11/20	Wed.	Birds: Buff Breasted Sandpiper
11/21	Thur.	Birds: Marsh Birds
Week of NOVEMBER 25 – 29		
11/26	Tues.	Food/Hunt: Chris Kimball Ready to Hunt
11/27	Wed.	Food: Susan Ebert: It's All in the Prep
11/28	Thur.	Food: Jacques Pepin Know Origin of Food
Week of DECEMBER 02 – 06		
12/03	Tues.	Parks: Holiday Festivities in State Parks
12/04	Wed.	Parks: Conservation Gifts for the Holidays
12/05	Thur.	Parks: Former Parks Director on Texas Parks
Week of DECEMBER 09 – 13		
12/10	Tues.	Renewable Energy: Going Solar
12/11	Wed.	Renewable Energy: Buying Energy in Bulk
12/12	Thur.	Renewable Energy: Using the Sun for Radio
Week of DECEMBER 16 - 20		
12/17	Tues.	Birds: Colonial Water Birds
12/18	Wed.	Birds: Golden-cheeked Warbler
12/19	Thur.	Birds: Butterfly Walks
Week of DECEMBER 23 – 27		
12/24	Tues.	Infrastructure: Designing for Nature
12/25	Wed.	Nature: Japanese Forest Bathing
12/26	Thur.	Research: Javelina
Week of DECEMBER 30, 2019		
12/31	Tues.	Parks: First Day Hikes

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:

10/1/2019	23:15:01	UT Nursing Health Minute-- Colorectal Cancer
10/3/2019	22:16:00	UT Nursing Health Minute-- Music and Memory
10/5/2019	20:44:27	UT Nursing Health Minute-- Blood Pressure
10/7/2019	06:46:26	UT Nursing Health Minute-- HPV Vaccine
10/8/2019	21:45:52	UT Nursing Health Minute-- Pneumonia
10/10/2019	19:44:04	UT Nursing Health Minute-- Smoking
10/12/2019	17:44:52	UT Nursing Health Minute-- Colorectal Cancer
10/14/2019	12:44:27	UT Nursing Health Minute-- Music and Memory
10/16/2019	04:45:57	UT Nursing Health Minute-- Blood Pressure
10/18/2019	01:45:56	UT Nursing Health Minute-- HPV Vaccine
10/20/2019	00:15:10	UT Nursing Health Minute-- Pneumonia
10/21/2019	18:44:42	UT Nursing Health Minute-- Smoking
10/23/2019	05:45:50	UT Nursing Health Minute-- Colorectal Cancer
10/24/2019	16:18:26	UT Nursing Health Minute-- Music and Memory
10/26/2019	04:46:13	UT Nursing Health Minute-- Blood Pressure
10/27/2019	15:48:04	UT Nursing Health Minute-- HPV Vaccine
10/29/2019	02:44:17	UT Nursing Health Minute-- Pneumonia
10/30/2019	23:17:13	UT Nursing Health Minute-- Smoking
11/2/2019	06:15:15	UT Nursing Health Minute-- Colorectal Cancer
11/4/2019	13:16:28	UT Nursing Health Minute-- Music and Memory
11/6/2019	16:16:39	UT Nursing Health Minute-- Blood Pressure
11/8/2019	17:15:06	UT Nursing Health Minute-- HPV Vaccine
11/10/2019	09:15:50	UT Nursing Health Minute-- Pneumonia

11/12/2019	00:16:46	UT Nursing Health Minute-- Smoking
11/13/2019	14:45:37	UT Nursing Health Minute-- Colorectal Cancer
11/15/2019	04:45:57	UT Nursing Health Minute-- Music and Memory
11/16/2019	12:15:00	UT Nursing Health Minute-- Blood Pressure
11/17/2019	11:46:14	UT Nursing Health Minute-- HPV Vaccine
11/18/2019	14:18:05	UT Nursing Health Minute-- Pneumonia
11/20/2019	04:44:47	UT Nursing Health Minute-- Smoking
11/22/2019	07:16:10	UT Nursing Health Minute-- Colorectal Cancer
11/24/2019	10:46:44	UT Nursing Health Minute-- Music and Memory
11/26/2019	12:20:01	UT Nursing Health Minute-- Blood Pressure
11/28/2019	10:44:54	UT Nursing Health Minute-- HPV Vaccine
11/30/2019	14:15:39	UT Nursing Health Minute-- Pneumonia
12/2/2019	16:16:32	UT Nursing Health Minute-- Smoking
12/5/2019	02:45:03	UT Nursing Health Minute-- Colorectal Cancer
12/7/2019	10:17:49	UT Nursing Health Minute-- Music and Memory
12/9/2019	00:16:33	UT Nursing Health Minute-- Blood Pressure
12/10/2019	12:44:54	UT Nursing Health Minute-- HPV Vaccine
12/12/2019	06:46:25	UT Nursing Health Minute-- Pneumonia
12/14/2019	05:45:09	UT Nursing Health Minute-- Smoking
12/16/2019	05:44:32	UT Nursing Health Minute-- Colorectal Cancer
12/18/2019	01:16:36	UT Nursing Health Minute-- Music and Memory
12/19/2019	20:16:11	UT Nursing Health Minute-- Blood Pressure
12/21/2019	14:15:51	UT Nursing Health Minute-- HPV Vaccine
12/23/2019	04:44:58	UT Nursing Health Minute-- Pneumonia
12/26/2019	02:44:44	UT Nursing Health Minute-- Smoking
12/27/2019	09:46:01	UT Nursing Health Minute-- Colorectal Cancer
12/28/2019	19:46:11	UT Nursing Health Minute-- Music and Memory
12/30/2019	05:45:03	UT Nursing Health Minute-- Blood Pressure
12/31/2019	15:47:37	UT Nursing Health Minute-- HPV Vaccine

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.

OCTOBER 2019	NOVEMBER 2019	DECEMBER 2019
1 Death by Dark Matter	1 Einstein Tower	1 Big Balloons
2 Moon and Companions	2 Falling Back	2 Icy Rocks
3 Moon and Jupiter	3 Comets	3 Earliest Sunsets
4 Beta Lyrae	4 Discovering Comets	4 First Exoplanets
5 Moon and Saturn	5 Fear and Loathing	5 Pulsar Planets
6 Circumpolar Stars	6 Cometary Water	6 51 Pegasi
7 Fomalhaut	7 Aquarius	7 Pollux
8 Summer Solstice	8 Mercury Transit	8 Emptiness
9 Rare Earths	9 Chi Cygni	9 More Tabbies
10 Fusion	10 Morning Treats	10 Moon and Aldebaran
11 CHEOPS	11 Transits	11 Long-Night Moon
12 Altair	12 Double Foot	12 Venus and Saturn
13 Hunter's Moon	13 Moon and Aldebaran	13 Friday the 13th
14 Ploonet	14 Apollo 12	14 WISE
15 Sending a Message	15 Leonid Meteors	15 Auriga Clusters
16 Capella	16 Triangulum	16 Moon and Regulus
17 Moon and Aldebaran	17 Triangulum Galaxy	17 Fact and Fiction
18 A New View	18 Moon and Regulus	18 Delta Cephei
19 Orionid Meteors	19 More Apollo 12	19 Moon and Spica

20 Messy Meteorite	20 Venus and Jupiter	20 Winter Solstice
21 Messy Newborn	21 Deneb Kaitos	21 Moon and Mars
22 Moon and Regulus	22 Moon and Spica	22 The Footstool
23 AU Microscopii	23 Moon, Mars, Mercury	23 Robert McCall
24 Messy Births	24 More Venus and Jupiter	24 Getting Closer
25 Moon and Mars	25 Aurora Tourism	25 Annular Eclipse
26 Andromeda Galaxy	26 Making Models	26 Getting Bigger
27 Galactic Twin	27 Heavy Merger	27 On the Edge
28 Uranus at Opposition	28 Moon and Planets	28 Moon and Venus
29 Moon and Venus	29 Spicy Clusters	29 El Nath
30 Moon and Jupiter	30 Adopted Cluster	30 Time Balls
31 Halloween		31 New Year's Eve

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.

10/1/2019	07:40:19	Greenberg Travel Minute	11/18/2019	07:41:03	Greenberg Travel Minute
10/1/2019	17:43:00	Greenberg Travel Minute	11/18/2019	17:41:34	Greenberg Travel Minute
10/2/2019	17:39:40	Greenberg Travel Minute	11/19/2019	07:40:12	Greenberg Travel Minute
10/3/2019	07:40:16	Greenberg Travel Minute	11/19/2019	17:39:34	Greenberg Travel Minute
10/3/2019	17:41:18	Greenberg Travel Minute	11/20/2019	07:39:45	Greenberg Travel Minute
10/4/2019	07:39:21	Greenberg Travel Minute	11/20/2019	17:40:53	Greenberg Travel Minute
10/4/2019	17:41:39	Greenberg Travel Minute	11/21/2019	07:42:11	Greenberg Travel Minute
10/7/2019	07:40:42	Greenberg Travel Minute	11/21/2019	17:39:32	Greenberg Travel Minute
10/7/2019	17:39:52	Greenberg Travel Minute	11/22/2019	07:42:15	Greenberg Travel Minute
10/8/2019	07:39:12	Greenberg Travel Minute	11/22/2019	17:41:38	Greenberg Travel Minute
10/8/2019	17:39:28	Greenberg Travel Minute	11/25/2019	07:40:35	Greenberg Travel Minute
10/9/2019	07:40:27	Greenberg Travel Minute	11/25/2019	17:39:47	Greenberg Travel Minute
10/9/2019	17:40:56	Greenberg Travel Minute	11/26/2019	07:39:53	Greenberg Travel Minute
10/10/2019	07:41:01	Greenberg Travel Minute	11/26/2019	17:39:34	Greenberg Travel Minute
10/10/2019	17:41:56	Greenberg Travel Minute	11/27/2019	07:40:48	Greenberg Travel Minute
10/11/2019	07:40:42	Greenberg Travel Minute	11/27/2019	17:41:11	Greenberg Travel Minute
10/11/2019	17:39:30	Greenberg Travel Minute	11/28/2019	07:39:22	Greenberg Travel Minute
10/14/2019	07:39:49	Greenberg Travel Minute	11/28/2019	17:41:36	Greenberg Travel Minute
10/14/2019	17:39:17	Greenberg Travel Minute	11/29/2019	07:39:36	Greenberg Travel Minute
10/15/2019	07:41:26	Greenberg Travel Minute	11/29/2019	17:40:34	Greenberg Travel Minute
10/15/2019	17:41:02	Greenberg Travel Minute	12/2/2019	07:39:29	Greenberg Travel Minute
10/16/2019	07:41:21	Greenberg Travel Minute	12/2/2019	17:40:19	Greenberg Travel Minute
10/16/2019	17:39:48	Greenberg Travel Minute	12/3/2019	07:41:02	Greenberg Travel Minute
10/17/2019	07:40:34	Greenberg Travel Minute	12/3/2019	17:39:48	Greenberg Travel Minute
10/17/2019	17:39:40	Greenberg Travel Minute	12/4/2019	07:39:07	Greenberg Travel Minute
10/21/2019	07:41:33	Greenberg Travel Minute	12/4/2019	17:40:33	Greenberg Travel Minute
10/21/2019	17:42:46	Greenberg Travel Minute	12/5/2019	07:39:23	Greenberg Travel Minute
10/22/2019	07:40:35	Greenberg Travel Minute	12/5/2019	17:43:09	Greenberg Travel Minute
10/22/2019	17:40:16	Greenberg Travel Minute	12/6/2019	07:41:44	Greenberg Travel Minute
10/23/2019	07:41:42	Greenberg Travel Minute	12/6/2019	17:42:07	Greenberg Travel Minute
10/23/2019	17:40:33	Greenberg Travel Minute	12/9/2019	07:41:17	Greenberg Travel Minute
10/24/2019	07:41:39	Greenberg Travel Minute	12/9/2019	17:42:04	Greenberg Travel Minute
10/24/2019	17:40:20	Greenberg Travel Minute	12/10/2019	07:39:10	Greenberg Travel Minute
10/25/2019	07:39:13	Greenberg Travel Minute	12/10/2019	17:39:57	Greenberg Travel Minute
10/28/2019	07:42:18	Greenberg Travel Minute	12/11/2019	07:42:31	Greenberg Travel Minute

10/28/2019	17:42:24	Greenberg Travel Minute	12/11/2019	17:40:44	Greenberg Travel Minute
10/29/2019	07:40:56	Greenberg Travel Minute	12/12/2019	07:39:47	Greenberg Travel Minute
10/29/2019	17:42:27	Greenberg Travel Minute	12/12/2019	17:41:46	Greenberg Travel Minute
10/30/2019	07:39:18	Greenberg Travel Minute	12/13/2019	07:40:47	Greenberg Travel Minute
10/30/2019	17:40:30	Greenberg Travel Minute	12/13/2019	17:41:50	Greenberg Travel Minute
10/31/2019	07:39:23	Greenberg Travel Minute	12/16/2019	07:40:06	Greenberg Travel Minute
10/31/2019	17:40:18	Greenberg Travel Minute	12/16/2019	17:40:10	Greenberg Travel Minute
11/1/2019	07:40:44	Greenberg Travel Minute	12/17/2019	07:41:21	Greenberg Travel Minute
11/1/2019	17:40:21	Greenberg Travel Minute	12/17/2019	17:41:30	Greenberg Travel Minute
11/4/2019	07:41:32	Greenberg Travel Minute	12/18/2019	07:41:47	Greenberg Travel Minute
11/4/2019	17:42:26	Greenberg Travel Minute	12/18/2019	17:40:58	Greenberg Travel Minute
11/5/2019	07:40:46	Greenberg Travel Minute	12/19/2019	07:41:34	Greenberg Travel Minute
11/5/2019	17:41:19	Greenberg Travel Minute	12/19/2019	17:41:16	Greenberg Travel Minute
11/6/2019	07:40:42	Greenberg Travel Minute	12/20/2019	07:40:52	Greenberg Travel Minute
11/6/2019	17:40:50	Greenberg Travel Minute	12/20/2019	17:39:44	Greenberg Travel Minute
11/7/2019	07:40:02	Greenberg Travel Minute	12/23/2019	07:39:00	Greenberg Travel Minute
11/7/2019	17:41:27	Greenberg Travel Minute	12/23/2019	17:41:42	Greenberg Travel Minute
11/8/2019	07:40:47	Greenberg Travel Minute	12/24/2019	07:40:13	Greenberg Travel Minute
11/8/2019	17:41:17	Greenberg Travel Minute	12/26/2019	11:39:53	Greenberg Travel Minute
11/11/2019	07:40:35	Greenberg Travel Minute	12/26/2019	17:39:58	Greenberg Travel Minute
11/11/2019	17:42:06	Greenberg Travel Minute	12/27/2019	07:41:22	Greenberg Travel Minute
11/12/2019	07:40:20	Greenberg Travel Minute	12/27/2019	17:41:39	Greenberg Travel Minute
11/12/2019	17:39:50	Greenberg Travel Minute	12/30/2019	07:40:44	Greenberg Travel Minute
11/13/2019	07:39:48	Greenberg Travel Minute	12/30/2019	17:39:42	Greenberg Travel Minute
11/13/2019	17:40:55	Greenberg Travel Minute	12/31/2019	07:40:06	Greenberg Travel Minute
11/14/2019	07:41:51	Greenberg Travel Minute	12/31/2019	17:40:52	Greenberg Travel Minute
11/14/2019	17:39:42	Greenberg Travel Minute			
11/15/2019	07:39:31	Greenberg Travel Minute			

Public Service Announcements: Topics covered include:

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, T-Bone Walker Day, Kilgore Community Blood Drive, Preservation Longview, Carthage Main Street Bonnie and Clyde Celebration, Henderson Syrup Festival, Main Street Kilgore, City of Kilgore, Alzheimer’s Association Memory Walk, Longview Farmer’s Market, Moberly Baptist Church Rummage Sale, Pine Tree High School Fall Festival, Kilgore October Fest, The Church at Lake Cherokee Christmas Market, Gregg County Historical Museum, ETCOG- Caregivers Conference, Kilgore Community Blood Drive, Marshall Arts Council, East Texas Men of Harmony, Tyler Civic Chorale, REEL East Texas Film Festival, Boys & Girls Club of Rusk County, East Texas Pipe Organ Festival, Gregg County Historical Museum. Tyler Senior Center, Main Street Kilgore, Kilgore Masonic Lodge, TASCA, University of Texas Cowan Center, Pittsburg Main Street, Texas Shakespeare Festival Christmas, Don’t Drive Drunk, University of Texas Tyler, LeTourneau University Belcher Center, First Presbyterian Church Concerts, Jefferson Playhouse, East Texas Sanctity of Life, Habitat for Humanity, Angel Tree, Kilgore Chamber of Commerce - Christmas Activities, Kilgore Public Library, Pittsburg Main St. Christmas, Blue Santa, Kilgore Main Street “A Very Derrick Christmas.” Child Protective Services, First Tee Golf benefit, Eagles Food Drive, Exxon-Mobile Retiree’s Club, Henderson Woman’s Forum, Newgate Mission, Texas Parks & Wildlife and “Don’t Mess With Texas.” Altogether, KZQX broadcast a total of 3542 public service announcements in the three month period ending December 31, 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:
Show # 2019-40

Date aired: 10-06-2019 Time Aired: 5:58:30

Penelope (Penny) Muse Abernathy, Knight Chair in Journalism and Digital Media Economics at the University of North Carolina, former executive at The Wall Street Journal and The New York Times

Prof. Abernathy discussed the accelerating collapse of local newspapers, and the effect of consolidation and distant owners on papers that do survive. She talked about the numerous ways that the loss of a local newspaper is often devastating to a small community. She also explained why new digital news organizations are unable to fulfill the community role that a traditional newspaper once did.

Length: 8:56 6:01:30 Issues covered: Media, Local Civics

Arthur "Tim" Garson, MD, physician, health policy expert, Director of the Health Policy Institute at the Texas Medical Center, co-author of *"Exposing the 20 Medical Myths: Why Everything you Know about Health Care is Wrong and How to Make it Right."*

Dr. Garson talked about some of the most common misconceptions about the nation's healthcare system. He believes it is possible to actually reduce the cost of healthcare, rather than simply slowing down the rate of increase. He talked about the proposals of Medicare-for-All and explained steps that can be taken to reduce wasted medical care dollars.

Length: 8:24 6:12:26 Issues covered: Workplace Matters, Productivity

Louis Brown, PhD, Associate Professor of Health Promotion and Behavioral Sciences at the University of Texas UTHHealth School of Public Health

Prof. Brown led a study that examined the effectiveness of an innovative strategy called "Teens Against Tobacco." He found that the program was an effective strategy to deter tobacco use in middle and high school students, at least in the short-term. He plans future research to determine its long-term results.

Length: 5:09 6:21:50 Issues covered: Substance Abuse, Vaping, Youth at Risk

Show # 2019-41

Date aired: 10-13-2019 Time Aired: 5:58:48

Laura M. Bogart, PhD, Senior Behavioral Scientist at the RAND Corporation, a nonprofit research organization that develops solutions to public policy challenges

Dr. Bogart directed a five-week obesity prevention program for seventh grade students that helped obese students lose an average of nine pounds over the following two-year period. She outlined the methods that were most effective, which included school-wide environmental changes and encouragement to eat healthy school cafeteria foods, along with a student-led education and marketing campaign.

Length: 8:26 6:01:48 Issues covered: Childhood Obesity, Education, Parenting

Susan S. Silbey, PhD, Leon and Anne Goldberg Professor of Humanities, Professor of Sociology and Anthropology, Professor of Behavioral and Policy Sciences, Sloan School of Management at the Massachusetts Institute of Technology

The number of women enrolling in engineering school has increased steadily over the past four decades, but Dr. Silbey said one-third of women graduates soon leave the profession to pursue other careers. She said the reasons behind this problem are primarily related to the culture of engineering itself. She offered suggestions for women who are entering the profession, and explained why an engineering career should be such an attractive option for women.

Length: 8:47 6:12:14 Issues covered: Women's Issues, Discrimination, Career

Dong Zhao, PhD, Assistant Professor of Construction Management, Michigan State University

Prof. Zhao led a study that found that more than 50 percent of potential energy savings from energy efficient homes can be lost if users don't know how to use the buildings properly. Dr Zhao said this is a concern both for individual homeowners as well as for commercial property owners.

Length: 4:57 6:22:01 Issues covered: Energy, Consumer Matters

Show # 2019-42

Date aired: 10-20-2019 Time Aired: 5:58:35

John Snook, Executive Director of the Treatment Advocacy Center, a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness

Mr. Snook discussed the increasing rates of homelessness across the country. He said that most of the chronically homeless have a serious mental illness and usually a co-occurring substance abuse problem. He said while affordable housing is also an important contributor to the problem, the main issue is that those who are in need of serious medical treatment of mental illness are not getting it. He said many cities and states have failed to amend their laws relating the mentally ill to keep up with the medical research.

Length: 8:31 6:01:35 Issues covered: Homelessness, Mental Illness, Substance Abuse, Government Policies

Jo Boaler, PhD, Professor of Education and Equity at Stanford University, Faculty Director of youcubed—an education resource that has reached over 230 million students, co-author of *“Limitless Mind: Learn, Lead, and Live Without Barriers.”*

Prof. Boaler discussed the latest research into neuroplasticity, the science that examines how the human brain is constantly growing and changing. She said whenever a student is struggling, that is the best time for brain growth. She said the brain is highly adaptable and that anyone can learn anything at any age, although learning does take longer as we age.

Length: 8:44 6:12:06 Issues covered: Education, Personal Health

Ellen Smit, PhD, Nutritional Epidemiologist, Associate Professor at Oregon State University College of Public Health and Human Sciences

Dr. Smit led a study that examined four barometers of whether someone's behavior could be considered healthy, and the results were dismal. She found that fewer than 3% of all Americans have a genuinely healthy lifestyle. She explained the importance of the four criteria and the health impacts of each.

Length: 5:02 6:21:50 Issues covered: Personal Health, Obesity

Show # 2019-43

Date aired: 10-27-2019 Time Aired: 5:58:46

Teesha Hadra, co-author of *“Black and White: Disrupting Racism One Friendship at a Time”*

Ms. Hadra talked about the surprising ways that building friendships with people of other races can shape and move them toward taking actions against racism. She said that the limited definition of racism that most people have can set a very low bar for their conduct. She said well-meaning people can passively participate in racism by simply being unaware of it.

Length: 8:31 6:01:46 Issues covered: Racism, Minority Concerns

Kenneth P. Rosenberg, MD, Distinguished Fellow of the American Psychiatric Association with a private practice in Manhattan, Clinical Associate Professor of Psychiatry at the New York-Presbyterian/Weill Cornell Medical Center, author of *“Bedlam: An Intimate Journey Into America's Mental Health Crisis.”*

Dr. Rosenberg discussed the ineffective way that America handles the mentally ill. He said while those with serious mental illness were once treated in mental institutions and asylums, now they end up on the streets and in prisons. He said those with serious mental illness die an average of 28 years earlier than other Americans. He talked about potential reforms and the importance of initiating a national conversation about the problem.

Length: 8:44 6:12:17 Issues covered: Mental Health, Government Policies, Law Enforcement

Melissa Stormont, PhD, Professor of Special Education, University of Missouri College of Education

Prof. Stormont led a study that found that a very simple readiness test can predict kindergarteners' success in school after 18 months. She said identifying students early in the academic year who may need additional support can allow teachers and parents more time to build essential academic and social behavioral skills. She outlined steps that parents can take to prepare their children for kindergarten.

Length: 5:02 6:22:01 Issues covered: Early Childhood Education, Learning Disabilities, Parenting

Show # 2019-44

Date aired: 11-03-2019 Time Aired: 5:58:35

Brianne Doura, Legislative Director, National Council on Problem Gambling

Ms. Doura discussed the high rate of gambling addiction among military personnel and veterans. She said that gambling addiction is treated differently than other addictions, causing members of the military to be reluctant to seek help. She discussed federal legislation that aims to address the problem.

Length: 8:04 6:01:35 Issues covered: Gambling Addiction, Military Affairs, Government Policies

Rachel Voth Schrag, PhD, domestic violence expert, Assistant Professor in the School of Social Work at The University of Texas at Arlington

Prof. Voth Schrag outlined the results of her study into an overlooked form of psychological abuse—educational sabotage. She explained that educational sabotage is a form of coercive control intended to prevent the victim from furthering their education. She said this form of abuse has a significant impact on the victim's ability to complete their education and eventually affects their economic independence and safety.

Length: 8:59 6:11:39 Issues covered: Domestic Violence, Education

Massimiliano Delferro, Ph.D., Chemist, Group Leader Catalysis Science Program,

Chemical Sciences and Engineering Division, at the U.S. Department of Energy's Argonne National Laboratory

Today, Americans throw away over three-quarters of plastics after one-time use. Dr. Delferro led a team that developed a chemical recycling method for converting some discarded plastics into higher quality products, for eventual use in everyday products like detergents and cosmetics. He said while the catalyst still needs further development, his results look very promising and the technology is 5-10 years from being viable from an economic standpoint.

Length: 4:51 6:21:38 Issues covered: Recycling, Scientific Research

Show # 2019-45

Date aired: 11-10-2019 Time Aired: 6:00:48

Michael Lindsey, PhD, Executive Director of the McSilver Institute for Poverty Policy and Research at New York University

Dr. Lindsey was the lead author of a study that found that suicide attempts are rising among black teens in the U.S., even as they fall among youth from other groups. He said researchers are puzzled as to why traditional precursors to suicide attempts like thinking about or planning a suicide are decreasing while actual attempts are going up. He outlined the specific challenges faced by black youth that may be a factor in the trend. He believes mental health counselors must be much more available in schools.

Length: 9:15 6:03:48 Issues covered: Suicide, Minority Concerns, Youth at Risk

Geoffrey T. Sanzenbacher, PhD, Associate Professor of the Practice of Economics at Boston College, Research Fellow at the Center for Retirement Research at Boston College

Dr. Sanzenbacher was the co-author of a shocking study that found that only about one-quarter of workers ages 50-62 are consistently in traditional jobs with benefits. He said that the longer older workers stay with a particular job without benefits, the more financial damage they do to their retirement preparedness. He also explained the reasons that older workers end up in these jobs.

Length: 8:05 6:15:03 Issues covered: Employment, Retirement Planning

Kathy Gatford, Ph.D., Senior Lecturer, Adelaide Medical School University, research group leader in the Robinson Research Institute in Australia

Prof. Gatford led a study that found that the more a baby weighs at birth, the higher the risk they will suffer from a childhood food allergy or eczema. Hay fever rates were the only allergy that was not connected to birth weight. She talked about the potential reasons and what expectant parents can learn from the study.

Length: 4:59 6:24:08 Issues covered: Personal Health, Parenting

Show # 2019-46

Date aired: 11-17-2019 Time Aired: 5:59:59

Michael Itzkowitz, Senior Fellow at Third Way, a think tank in Washington, DC

More than 80% of freshmen students say they pursued higher education “to be able to get a better job.” Mr. Itzkowitz led a study that found that half of the country’s schools in 2018 left the majority of their former students earning less than \$28,000 a year, which is what the typical high school graduate makes. He said that all kinds of colleges led to underwhelming salaries, but for-profit schools typically performed the worst. He offered advice for parents and students.

Length: 9:15 6:02:59 Issues covered: Higher Education, Federal Spending

Brent Sohngen, PhD, Professor of Environmental and Resource Economics in the Department of Agricultural, Environmental and Development Economics at Ohio State University

Prof. Sohngen led a study that found that while cutting down trees inevitably leads to more carbon in the environment, deforestation's contributions to climate change are vastly overestimated. He said previous estimates overestimated the impact because they did not account for the replanting and management of global forests over the last 70 years.

Length: 7:57 6:14:14 Issues covered: Climate Change, Environment, Natural Resources

Morag MacKay, Director of Research, Safe Kids Worldwide

Ms. MacKay said that an American child is killed every five days in a train collision, a preventable tragedy that most parents overlook. She outlined the most common scenarios for these incidents and explained how parents can teach their children to avoid dangerous situations with trains.

Length: 5:06 6:23:11 Issues covered: Railroad Safety, Child Safety, Parenting

Show # 2019-47

Date aired: 11-24-2019 Time Aired: 6:00:39

Chris Wimer, PhD, Senior Research Scientist at Columbia Population Research Center, Co-Director of the Center on Poverty and Social Policy at the School of Social Work at Columbia University

Prof. Wimer discussed his recent report that suggests that the percentage of Americans living in poverty may be underestimated by the official census. He explained that, while all official statistics apply the same rate of inflation to the income of people in all income brackets, his study proposes that inflation is much higher for people at the lower end of the income scale.

Length: 7:52 6:03:39 Issues covered: Poverty, Economics, Government Spending

David Owen, author of "*Volume Control: Hearing in a Deafening World*"

Millions of Americans suffer from hearing loss, and in most cases, it begins in youth. Mr. Owen talked about the many health effects connected to hearing loss, including heart disease, diabetes, low birth weight, stress and cognitive decline. He talked about the most common everyday sounds that can gradually cause hearing loss, and why people avoid admitting they need a hearing aid or other help.

Length: 9:09 6:13:31 Issues covered: Hearing Loss, Aging

Robert Wilson, PhD, Assistant Professor of Psychology and Cognitive Science, Arizona State University

Educational scholars have long recognized that there is something of a "sweet spot" when it comes to learning. Prof. Wilson led a study using artificial intelligence that determined the sweet spot is when failure occurs 15% of the time. Put another way, it's when the right answer is given 85% of the time. He explained what parents and teachers can learn from the study.

Length: 5:06 6:23:40 Issues covered: Education, Parenting

Show # 2019-48

Date aired: 12-01-2019 Time Aired: 5:59:28

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

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

Length: 8:34 6:02:28 Issues covered: Obesity, Personal Health

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

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

Length: 8:44 6:13:02 Issues covered: Education, Literacy, Government Policies, Parenting

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

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

Length: 4:56 6:22:46 Issues covered: Mental Health, Aging

Show # 2019-49

Date aired: 12-08-2019 Time Aired: 5:59:37

Jennifer B. Johnston, PhD, Assistant Professor of Psychology at Western New Mexico University

Dr. Johnston recently led a study that examined the role that media coverage may play in fueling the increase of mass shootings in the U.S. Her study concluded that one of the most effective ways of curbing mass shooting incidents may be to drastically change how news organizations cover them. She is in favor of an organized campaign to convince media organizations to focus more on the victims, rather than the killer, his weapons and his motivations.

Length: 9:45 6:02:37 Issues covered: Media, Mass Shootings

Brian Roe, PhD, McCormick Professor of Agricultural Marketing and Policy at Ohio State University

American consumers throw away about 80 billion pounds of food a year. Dr. Roe led a study that examined Americans' attitudes and misconceptions about food waste. He said many consumers think they have good reasons to throw food away, but those perceived benefits are often not real. He noted that food waste is the largest source of municipal solid waste in the U.S. and the most destructive type of household waste in terms of greenhouse gas emissions.

Length: 7:28 6:14:22 Issues covered: Environment, Consumer Matters, Food Safety

Jan E. Stets, PhD, Professor of Sociology at the University of California, Riverside

Cheating to get ahead is likely to reduce your level of happiness, according to Dr. Stets' research. In her study, participants were given the opportunity to cheat to get ahead. The 30% who cheated were more likely to report a reduction in happiness, once they considered that others would not see them as moral persons.

Length: 4:58 6:22:50 Issues covered: Mental Health, Workplace Issues

Show # 2019-50

Date aired: 12-15-2019 Time Aired: 6:00:19

Steven Woolf, MD, Director Emeritus of the Center on Society and Health at Virginia Commonwealth University

Dr. Woolf led a study that found that mortality rates have increased in 48 states since 2010. He said the Rust Belt and Appalachia have seen some of the most dramatic increases in death rates for Americans, ages 25 to 64. He believes that, while the opioid epidemic is a major factor, the decades-long economic decline and loss of manufacturing jobs for the middle class may be one of the deeper root causes.

Length: 8:44 6:03:19 Issues covered: Public Health, Drug Abuse, Economy

Teru Clavel, global education consultant, author of *World Class: One Mother's Journey Halfway Around the Globe in Search of the Best Education for Her Children*

Students in Asia consistently rank among the best in the world. Ms. Clavel spent a decade living in Asia, with her three children attending public schools in Hong Kong, Shanghai and Japan, before returning to the US. She explained how the American education system has much to learn from its Asian counterparts. She believes that local funding of schools in the US should be replaced by a national education budget, because under the current system, wealthy communities provide a much better education than lower-income communities.

Length: 8:34 6:14:03 Issues covered: Education, Federal Spending

Jamie Amelio, philanthropist, entrepreneur, author of *Staying Bothered: Find Your Passion, Commit to Action, Change the World*

Ms. Amelio explained how every person is capable of affecting real positive change in their communities and around the world if they find one thing that bothers them, then take action to fix it. She shared her own story of a vacation to Cambodia in 2003 that turned into a ground-breaking educational non-profit called Caring for Cambodia.

Length: 5:08 6:23:37 Issues covered: Volunteerism, Charity

Show # 2019-51

Date aired: 12-22-2019 Time Aired: 5:59:52

Kim Allan Williams, Sr, M.D., MACC, FAHA, MASNC, FESC, James B. Herrick Professor, Chief of the Division of Cardiology at Rush University Medical Center in Chicago

Heart disease is the leading killer of Americans, and African Americans have the highest risk of cardiovascular disease. Dr. Williams led a recent study of African Americans that found that following a vegan diet for five weeks showed significant improvements in risk factors for heart disease. He also discussed a new blood test called TMAO that he believes may be the best test yet for predicting the risk of heart attack, stroke, or other serious cardiovascular problems.

Length: 9:59 6:02:52 Issues covered: Heart Disease, Minority Concerns, Nutrition

Sunny Lin, PhD, MS, Assistant Professor in the Oregon Health & Science University-Portland State University School of Public Health

Accessing medical records can improve a patient's quality of care and outcomes. Prof. Lin led a study that found that while more than 95% of patients recently discharged from a hospital had access to electronic records, only 10% of patients bothered to look at them. She outlined steps that hospitals can take to encourage more people to use these records.

Length: 7:22 6:14:51 Issues covered: Personal Health, Government Regulations

Lyra Logan, Executive Vice President/General Counsel of the Florida Education Fund, a non-profit that creates and implements educational programs for underrepresented groups, MIT Master Trainer in Educational Mobile Computing, author of "*Learn to Program with App Inventor*"

Only about 45% of high schools nationwide offer computer science training. Ms. Logan explained why it is important for all kids to have a basic understanding of computer science. She would like to see computer coding and computer science taught as early as elementary school. She said the biggest hurdle is the shortage of qualified teachers.

Length: 5:03 6:23:13 Issues covered: Education, Career

Show # 2019-52

Date aired: 12-29-2019 Time Aired: 5:58:46

Bob Rusbuldt, CEO of The Independent Insurance Agents & Brokers of America

A consumer survey commissioned by Mr. Rusbuldt's organization found that many homeowners lack adequate insurance coverage, do not fully understand their homeowners policies and do not have enough savings to support their households in the event of a disaster. He discussed the most common misconceptions consumers have regarding homeowners insurance and what to do about it.

Length: 8:37 6:01:46 Issues covered: Disaster Preparedness, Consumer Matters

Tomas Hult, PhD, Byington Endowed Chair and Professor of Marketing in the Eli Broad College of Business, Director of the International Business Center at Michigan State University

From recycling to reusing hotel towels, consumers who participate in a company's "green" program are more satisfied with its service, according to Dr. Holt's research. He explained the reasons behind these feelings, and the surprising way consumer decisions are affected when companies offer additional participation incentives.

Length: 8:40 6:12:23 Issues covered: Recycling, Environment, Consumer Matters

Rachel Arocho, PhD, Research Fellow in Human Development and Family Science at Ohio State University

Dr. Arocho led a study that found that teenagers and young adults who expected to get married within the next five years reported committing fewer delinquent acts in the next year than those who weren't thinking about wedding bells. She discussed the possible reasons behind this finding.

Length: 4:45 6:22:03 Issues covered: Crime, Youth at Risk