

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

July 1 – September 30, 2020

**Filed 10-07-2020**

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.”

**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.

**Lake Cherokee July 4<sup>th</sup> Fireworks:** We were happy to broadcast the soundtrack for our community’s annual fireworks celebration. The broadcast aired at 9:30 PM on July 4, 2020.

**Tatum High School Football:** Despite Corona virus problems, high school football is nearly a religion in East Texas. Since many people are unable or unwilling to go to a stadium to watch their kids or grand kids play, we have been broadcasting the games on KZQX as a service to our Community of License, Tatum Texas.

**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.

July 1st Avoiding Salmonella	Aug. 17th Avocado gets an A for health benefits
July 2nd Shining a light on SPF in sunscreen	Aug. 18th TMD
July 3rd Uncovering UPF in clothing	Aug. 19th Fainting
July 6th Why kids need to play	Aug. 20th Steam treatment for BPH
July 7th Research to address the shortage of donor livers	Aug. 21st Gestational diabetes and stroke risk
July 8th Surgery for TMD	Aug. 24th Reversing vs preventing heart disease
July 9th Symptoms of hoarding disorder	Aug. 25th Healthy eating
July 10th Healthy grilling	Aug. 26th Pancreatic cancer
July 13th Diagnosing chronic kidney disease	Aug. 27th The future of treating sprains and strains
July 14th Chronic kidney disease reasearch	Aug. 28th Preventing cancer with lifestyle changes

<p>July 15th Automated stem cell production</p> <p>July 16th Emojis help track patient reported outcomes</p> <p>July 17th Using emojis as quality of life measures in cancer patients</p> <p>July 20th Hereditary cancers</p> <p>July 21st Shingles vaccine</p> <p>July 22nd Will there be a Lyme disease vaccine for humans</p> <p>July 23rd Standing workstations</p> <p>July 24th Heart disease prevention and interval training</p> <p>July 27th HIV testing</p> <p>July 28th Endometriosis</p> <p>July 29th Osteoporosis</p> <p>July 30th Brain freed</p> <p>July 31st Heat related ER visits</p> <p>Aug. 3rd Screening and cessation study</p> <p>Aug. 4th Meatless burgers</p> <p>Aug. 5th Acne throughout life</p> <p>Aug. 6th Acne and skin cleansing</p> <p>Aug. 7th Why colorectal cancer is so important</p> <p>Aug. 10th How positivity helps the heart</p> <p>Aug. 11th Carbon monoxide poisoning</p> <p>Aug. 12th What is rheumatoid arthritis</p> <p>Aug. 13th Understanding the link between menopause and sleep apnea</p> <p>Aug. 14th Aortic valve disease</p>	<p>Aug 31st Immunotherapy</p> <p>Sept. 1st Schooling your kids on hand hygiene</p> <p>Sept. 2nd Back to school healthy habits</p> <p>Sept. 3rd Can your child hear the teacher</p> <p>Sept. 4th How to tell if you have a moody or depressed teen</p> <p>Sept. 7th How much screen time is too much</p> <p>Sept. 8th Congenital heart defects</p> <p>Sept. 9th Does gum get stuck in your stomach</p> <p>Sept. 10th Don't share lip balm</p> <p>Sept. 11th Screening for ACL injuries</p> <p>Sept. 14th ED and heart disease</p> <p>Sept. 15th Lifestyle and ED</p> <p>Sept. 16th ED treatment</p> <p>Sept. 17th Smoking addiction</p> <p>Sept. 18th Effects of smoking cessation</p> <p>Sept. 21st Flu prevention and treatment</p> <p>Sept. 22nd Young athletes and concussion</p> <p>Sept. 23rd Stomach emptying and weight loss</p> <p>Sept. 24th Which sugars don't pack on the pounds</p> <p>Sept. 25th Surgery for sleep apnea</p> <p>Sept. 28th What causes hiccups</p> <p>Sept. 29th What is heart disease</p> <p>Sept. 30th The skin</p>
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**U. T. Tyler Health Minute** airs multiple times per day and is produced in our studios using student nurses from the University of Texas 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.

<b>JULY 2020</b> <b>TRACK DATE TITLE TIME</b>	<b>August 2020</b> <b>TRACK DATE TITLE TIME</b>	<b>October 2020</b> <b>TRACK DATE TITLE TIME</b>
1 Seventh Month 2:00	1 Moon and Jupiter 2:00	1 Harvest Moon 2:00
2 Moon and Antares 2:00	2 Moon and Saturn 2:00	2 Bright Pairings 2:00
3 Faint Neighbors 2:00	3 Mars at Perihelion 2:00	3 VV Cephei 2:00
4 Short-Night Moon 2:00	4 Scorpius 2:00	4 Draco 2:00
5 Moon and Planets 2:00	5 Blowing Off Steam 2:00	5 Close Mars 2:00
6 Serpens Nurseries 2:00	6 The Arteries 2:00	6 Moon and Aldebaran 2:00
7 Red Square 2:00	7 Witchery 2:00	7 Cosmic Weapons 2:00
8 Galactic UFO 2:00	8 Moon and Mars 2:00	8 Frank Herbert 2:00
9 Venus and Aldebaran 2:00	9 Perseid Meteors 2:00	9 Monster Black Hole 2:00
10 Moon and Mars 2:00	10 Morning Venus 2:00	10 Aquarius 2:00
11 Great Appearances 2:00	11 Population II Stars 2:00	11 More Aquarius 2:00
12 Jupiter at Opposition 2:00	12 Moon and Aldebaran 2:00	12 Mars at Opposition 2:00
13 Jupiter at Opposition II 2:00	13 Sadr 2:00	13 Mars Opposition II 2:00
14 Heading for Mars 2:00	14 Moon and Venus 2:00	14 Visiting Venus 2:00
15 Heading for Mars II 2:00	15 Sagittarius 2:00	15 Mars Opposition III 2:00

16 Heading for Mars III 2:00	16 Sagittarius Nurseries 2:00	16 Mars Opposition IV 2:00
17 Heading for Mars IV 2:00	17 Sagittarius Cluster 2:00	17 Separated at Birth 2:00
18 Future North Stars 2:00	18 VX Sagittarii 2:00	18 Getting Close 2:00
19 Saturn at Opposition 2:00	19 Sagittarius Bar 2:00	19 Ready for Touchdown 2:00
20 Saturn at Opposition II 2:00	20 Impressive Clusters 2:00	20 Orionid Meteors 2:00
21 Saturn at Opposition III 2:00	21 Closest Black Hole 2:00	21 Southern Observatory 2:00
22 Morning Mercury 2:00	22 Ray Bradbury 2:00	22 Moon and Planets 2:00
23 Operation Overcast 2:00	23 Little Pictures 2:00	23 Sunquakes 2:00
24 Hunting by Gravity 2:00	24 Proxima Centauri C 2:00	24 Hamal 2:00
25 Hercules Cluster 2:00	25 Moon and Antares 2:00	25 Capella 2:00
26 Epsilon Lyrae 2:00	26 Altair 2:00	26 Cassiopeia A 2:00
27 Busy Vega 2:00	27 Speedy Altair 2:00	27 More Cassiopeia A 2:00
28 Brighter Vega 2:00	28 Moon and Jupiter 2:00	28 Moon and Mars 2:00
29 Moon and Antares 2:00	29 Moon and Saturn 2:00	29 More Moon and Mars 2:00
30 Shorter Days 2:00	30 Cygnus Superbubble 2:00	30 Blue Hunter's Moon 2:00
31 Eating Moondust 2:00	31 Oxygen 2:00	31 Uranus at Opposition 2:00

**Earth Date:** is a public service radio program with a mission to engage listeners in earth science and reconnect them to the wonders of their world. Conceived and hosted by Dr. Scott W. Tinker, Director of the Bureau of Economic Geology at The University of Texas at Austin; written and directed by Emmy-winning filmmaker Harry Lynch; and researched by Juli Hennings, a career geoscientist, EarthDate tells captivating stories to remind listeners that science can enlighten, educate and entertain. It ran Monday through Friday at 8:30 AM and 4:45 PM throughout the third quarter of 2020.

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

**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, 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" Driver Safety and many other topics. Altogether, KZQX broadcast a total of 2872 public service announcements in the three month period ending September 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.

**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:

## **JULY-SEPTEMBER, 2020**

Show # 2020-27

**Date aired: 7-5-20 Time Aired: 6:00:07**

**Robert Cialdini, PhD**, social psychologist, Regents' Professor Emeritus of Psychology and Marketing at Arizona State University, former visiting Professor of Marketing, Business and Psychology at Stanford University and the University of California at Santa Cruz, author of "*Pre-Suasion: A Revolutionary Way to Influence and Persuade*"

Dr. Cialdini talked about the science behind persuasion. He said it's not so much about the message, but what happens in the moment before the message is delivered. He explained how consumers can recognize when they are the target of this sales technique. He also discussed how it can be used in job interviews and other common daily activities.

**Issues covered:**

**Length: 9:54**

**6:03:07**

**Consumer Matters, Career**

**Ateev Mehrotra, MD**, Senior Investigator and Associate Professor of Health Care Policy at Harvard Medical School

Increasingly powerful computers are playing a greater role in our lives every year. Could a computer match, or even outperform, human physicians in diagnosing illnesses? Dr. Mehrotra led a study that found that humans still have the upper hand--for now. He outlined several possible ways that computers may play a greater role in future healthcare scenarios.

**Issues covered:**

**Length: 7:11**

**6:15:01**

**Personal Health, Technology**

**Nicholson Baker**, teacher, author of "*Substitute: Going to School With a Thousand Kids*"

Mr. Baker worked as on-call substitute teacher in a Maine public school district. He discussed the state of public schooling in America: children swamped with assignments, overwhelmed by social media and educational technology, and staff who struggle with overly ambitious curriculums.

**Issues covered:**

**Length: 5:00**

**6:23:12**

**Education, Youth at Risk**

Show # 2020-28

**Date aired: 7-12-20 Time Aired: 5:59:58**

**Sean O'Leary, MD**, Associate Professor, Pediatrics-Infectious Diseases at the University of Colorado School of Medicine, Director of the Colorado Pediatric Practice-Based Research Network, member of the American Academy of Pediatrics Committee on Infectious Diseases

As the school season approaches and the pandemic continues, administrators are struggling with plans to educate the nation's children. Dr. O'Leary was an author of new guidelines from the American Academy of Pediatrics that encourages having students physically present in school. He explained why remote learning has

largely failed, and emphasized that there are major health, social and educational risks to keeping children at home.

**Issues covered:**

**Length: 9:06**

**6:02:58**

**Education, Coronavirus**

**Morgan Seybert**, Managing Director of US analytics at Nielsen

In the aftermath of consumer panic connected to COVID-19, Americans are now finding fewer choices on store shelves. Mr. Seybert said some companies plan to stick with fewer choices when the pandemic fades. He noted that baby care products, tobacco and frozen goods have seen the biggest reductions in varieties offered. He said restaurants are also thinning menus as the virus changes how they can seat and serve customers.

**Issues covered:**

**Length: 8:08**

**6:14:52**

**Consumer Matters, Economy, Coronavirus**

**Monica Betson-Montgomery**, author of "*The Keys to College: A Roadmap for Parents to Guide Their Children*"

Ms. Betson-Montgomery read and scored over 20,000 freshman college applications throughout her career. She believes the process of preparing for college should begin in grade school or even earlier. She outlined possible strategies for parents navigate their way through their child's educational career.

**Issues covered:**

**Length: 4:57**

**6:23:03**

**Education, Parenting**

Show # 2020-29

**Date aired: 7-19-20 Time Aired: 5:58:44**

**Adam Levin**, founder of security management and resolution company IDT911, author of "*Swiped: How to Protect Yourself in a World Full of Scammers, Phishers, and Identity Thieves*"

With online breaches of massive databases becoming increasingly common, identity theft is a fact of life. Mr. Levin explained the most common schemes used by scammers, to steal consumers' private information. He said beyond simple identity theft, other forms such as medical-related, tax fraud-related and child identity theft are all increasing rapidly. He offered suggestions for consumers on how to avoid becoming a victim.

**Issues covered:**

**Length: 9:29**

**6:01:44**

**Identity Theft, Consumer Matters**

**Deborah Carr, PhD**, Professor of Sociology, Interim Director of the Institute for Health, Health Care Policy and Aging Research at Rutgers University

A recent federal report noted that, no matter how advanced their age, older men are far more likely to be married than older women. Dr. Carr said life expectancy explains only part of this gray gender gap. She discussed the economic, social and health effects of this issue. She also explained why many older women are content to be single anyway.

**Issues covered:**

**Length: 7:40**

**6:13:13**

**Women's Issues, Senior Citizens, Retirement**

**Jonathan Dirlam**, doctoral student in Sociology at Ohio State University

Mr. Dirlam was the lead author of a study that found that job satisfaction in a worker's late 20s and 30s has a link to mental health 15-20 years later. He said those less than happy with their work early in their careers reported that they were more depressed and worried and had more trouble sleeping in their 40s.

**Issues covered:**  
**Mental Health, Career**

**Length: 4:57**

**6:21:53**

Show # 2020-30

**Date aired: 7-26-20 Time Aired: 5:59:54**

**Federico E. Vaca, PhD**, Professor of Emergency Medicine and Director of the Yale Developmental Neurocognitive Driving Simulation Research Center (DrivSim Lab)

Teens are getting drivers licenses later than previous generations and missing critical safety training as a result, according to Dr. Vaca's research. He discussed the importance of Graduated Driver Licensing requirements, which are typically not required after a person turns 18. He outlined potential policy changes that could expand and improve driver safety training, regardless of age.

**Issues covered:**  
**Traffic Safety, Teen Concerns**

**Length: 8:26**

**6:02:64**

**John-Tyler Binfet, PhD**, Psychologist, Associate Professor of Education at the University of British Columbia Okanagan

Dr. Binfet discussed his research into kids and kindness, which challenges media stereotypes that teens are common perpetrators of bullying, cyber harassment and schoolyard fights. He said most parents would be surprised at how kind their children are to others outside of the home. He also suggested ways for parents to encourage their kids to be kind.

**Issues covered:**  
**Children's Issues, Parenting, Mental Health**

**Length: 8:48**

**6:13:20**

**Daniel Soques, PhD**, Assistant Professor of Economics at the University of North Carolina Wilmington

The reaction to COVID-19 shutdowns has led to an unexpected coin shortage nationwide, causing some businesses to notify customers that they have no change to give, or to encourage only electronic transactions. Prof. Soques explained the factors behind the shortage and what steps are being taken by the Federal Reserve to address it. He also said that moving away from physical cash and coins disproportionately affects low income and homeless people.

**Issues covered:**  
**Economy, Consumer Matters, Government, Poverty**

**Length: 5:03**

**6:23:08**

Show # 2020-31

**Date aired: 8-02-20 Time Aired: 5:59:52**

**Jonathon Wai, PhD**, Psychologist, Research Scientist at the Duke University Talent Identification Program

Dr. Wai is one of the researchers involved in a 45-year study of intellectually gifted children. He noted that kids who test in the top 1% tend to become the nation's eminent scientists and academics, Fortune 500 CEOs and federal judges, senators and billionaires. He said, because of the focus on lower performing students, youngsters

who show an early aptitude for subjects like science and math tend not to receive the help they need. He offered several simple steps schools can take to help gifted students reach their full potential.

**Issues covered:**

**Length: 9:00**

**6:02:52**

**Education, Parenting**

**Joann S. Lublin**, Management News Editor for the Wall Street Journal, author of *“Earning It: Hard-Won Lessons from Trailblazing Women at the Top of the Business World”*

Ms. Lublin said that, although career prospects have improved, progress is still frustratingly slow for women hoping to break the glass ceiling in large companies. She explained what it takes for women to climb to corporate heights in America, such as finding a career mentor.

**Issues covered:**

**Length: 8:13**

**6:13:52**

**Women’s Issues, Workplace Matters**

**Sage R. Myers, MD, MSCE**, Assistant Professor in Pediatrics at the University of Pennsylvania Perelman School of Medicine, Attending Physician in the Division of Emergency Medicine at Children’s Hospital of Philadelphia

Contrary to what many believe, living in the city is far less risky than in the country, according to a study Dr. Myers recently completed. She said that although homicides in cities still outpace those in rural areas, the risk of dying from some form of accident or injury is 20 percent greater in rural counties. She explained how this research can be used for future planning of trauma centers and other improvements to the medical system.

**Issues covered:**

**Length: 4:55**

**6:23:05**

**Personal Health, Crime**

Show # 2020-32

**Date aired: 8-09-20 Time Aired: 5:59:52**

**Sofia Cienfuegos**, Dietitian, Intermittent Fasting Researcher, Human Nutrition PhD Candidate at the University of Illinois at Chicago

Ms. Cienfuegos led a study that examined the effectiveness of intermittent fasting for weight loss. She found that obese adults lost an average of 3% of their body weight in two months without counting calories, simply by confining their eating to a 6-hour window each day. She said the weight loss led to other significant health improvements, as well.

**Issues covered:**

**Length: 8:00**

**6:02:52**

**Personal Health, Obesity, Nutrition**

**Simone Bruce, Psy.D.**, visiting therapist at the Behavioral Wellness Clinic in Connecticut, expert in mental health issues related to racism and discrimination

Dr. Bruce said that the impact of race-based stress and trauma on the mental health of black people has been ignored far too long. She said that mental health professionals’ lack of education in this area often results in misdiagnosis and mistreatment. She explained how the death of George Floyd sparked a serious increase in stress, anxiety and fear in the black community.

**Issues covered:**

**Length: 9:23**

**6:12:52**

**Racism, Mental Health**

**Merete Berg Nasset**, Norwegian University of Science and Technology

Domestic violence is on the rise, partly as a result of COVID-19 lockdowns. Prof. Nessel led a study that found that anger management treatment for offenders can have dramatic results in the prevention of physical and emotional violence. She found that two forms of treatment, cognitive-behavioral group therapy and a stress management course based on mindfulness, worked equally well. Prior to treatment, 85% cent of the male study subjects used physical violence that resulted in harm to their partner. After treatment, the percentage fell to 10%.

**Issues covered:**

**Length: 5:02**

**6:23:15**

**Domestic Violence, Mental Health**

Show # 2020-33

**Date aired: 8-16-20 Time Aired: 5:59:56**

**Sophie Egan**, former Director of Health and Sustainability Leadership for the Strategic Initiatives Group at The Culinary Institute of America, author of *"How to Be A Conscious Eater: Making Food Choices That Are Good for You, Others, and the Planet"*

Ms. Egan offered easy-to-remember suggestions for making practical decisions about food. She explained why the organic label is important for certain specific foods. She outlined the concerns relating to some canned foods, particularly for children and pregnant women. She also explained how to choose foods that have the least impact on the environment.

**Issues covered:**

**Length: 8:55**

**6:02:56**

**Nutrition, Food Safety, Environment, Consumer Matters**

**Bindu Kalesan, PhD, MPH**, Assistant Professor of Medicine, Assistant Professor of Community Health Services at the Boston University School of Public Health

Dr. Kalesan led a study that examined gun suicides in rural America. She said that rather than firearm confiscation, efforts to reduce these suicides should be focused on addressing other diseases of despair which are connected to suicide, such as heart and liver diseases, diabetes and accidental opioid overdose. She said it is critical that those at risk of suicide and opioid addiction are treated by mental health professionals, rather than just untrained support from families or friends.

**Issues covered:**

**Length: 8:29**

**6:13:51**

**Suicide, Mental Health, Gun Control, Drug Abuse**

**S. Vincent Rajkumar, MD**, hematologist and researcher at the Mayo Clinic

The concept of herd immunity has sparked debate about whether it would control the spread of COVID-19. Dr. Rajkumar explained the two weapons the human body uses to fight the virus: antibodies and T cells. He also discussed whether immunity to COVID-19 can decrease with time.

**Issues covered:**

**Length: 5:04**

**6:23:20**

**Personal Health, Coronavirus**

Show # 2020-34

**Date aired: 8-23-20 Time Aired: 6:00:49**

**Melanie Cullen**, management and technology consultant, author of *"Get It Together: Organize Your Records So Your Family Won't Have To"*

Ms. Cullen said disorganization can be a nightmare for those who need to step in to help an elderly person as a caregiver or estate executor. She offered simple ways to organize important records like passwords, financial records, insurance policies, funeral arrangements, and other personal information.



**Issues covered:**  
**Senior Citizens, Retirement Planning**

**Length: 8:36**

**6:03:49**

**Peter Mazareas, PhD**, worked with the U.S. Congress on legislation to create 529 savings plans, co-author of “*Plan and Finance Your Family's College Dreams: A Parent's Step-By-Step Guide from Pre-K to Senior Year*”

Planning and paying for a college education is a daunting task for most parents. Dr. Mazareas discussed the merits and complexities of 529 savings plans, which allow parents to save tax-free for higher education expenses. He said that there are numerous free and easy-to-access tools for parents to plan for the costs of college.

**Issues covered:**  
**Education, Consumer Matters, Parenting**

**Length: 8:38**

**6:14:25**

**Pamela Rutledge, PhD**, Director of the Media Psychology Research Center, Fielding Graduate University in Santa Barbara, CA, author the “Positively Media” column for PsychologyToday.com, Editor-in-Chief of the academic journal Media Psychology Review

Dr. Rutledge talked about the effect of selfies, Instagram and other social media phenomenon on girls' self-esteem. She believes that parents should not be overly concerned, that selfies are just the latest form of exploration and identity experimentation in teenagers' formative years.

**Issues covered:**  
**Girl's Issues, Parenting**

**Length: 5:01**

**6:24:03**

Show # 2020-36

**Date aired: 9-6-20 Time Aired: 5:58:36**

**Stephanie Ruest, MD, FAAP**, Pediatric Emergency Medicine Fellow at Rhode Island Hospital, fellow of the American Academy of Pediatrics

Dr. Ruest's research on behalf of the American Academy of Pediatrics found that the more time children spend using digital devices, the less likely they are to finish their homework. Children who spent two to four hours a day using computers, videogames, tablets and smartphones had 23 percent lower odds of always or usually finishing their homework, compared to children who spent less than two hours. Dr. Ruest offered advice to parents on how to monitor and control digital usage.

**Issues covered:**  
**Education, Parenting**

**Length: 7:39**

**6:01:36**

**Laura Adams**, Senior Insurance Analyst for insuranceQuotes.com

Ms. Adams outlined a new study by insuranceQuotes that found that 86% of Americans are unaware that insurers use the claims history of previous homeowners to set premiums for new policies. She explained why consumers are unaware of this database, what it contains, and how they can obtain a free report for their property.

**Issues covered:**  
**Consumer Matters, Home Ownership**

**Length: 9:26**

**6:11:15**

**Heidi Williams, PhD**, Class of 1957 Career Development Associate Professor in the Department of Economics at Massachusetts Institute of Technology

The average amount an American spends on healthcare varies wildly, depending on where they live. Yet the outcome—average life expectancies—are similar. Dr. Williams co-authored a study of millions of Medicare

patients' records. She found that decisions by patients and doctors are responsible for virtually equal shares of the differences in regional spending.

**Issues covered:**

**Length: 4:55**

**6:21:41**

**Personal Health, Consumer Matters, Government Spending**

Show # 2020-37

**Date aired: 9-13-20 Time Aired: 6:01:10**

**Sam Emaminejad, PhD**, Assistant Professor of Electrical and Computer Engineering at the UCLA Samueli School of Engineering

Prof. Emaminejad has developed an add-on for existing smartwatches that allows the device to monitor drug levels inside a person's body in real time. He said the wearable technology could be incorporated into a more personalized approach to medicine -- where an ideal drug and dosages can be tailored to an individual. He believes the cost will be low and it could be available to consumers within two or three years.

**Issues covered:**

**Length: 8:52**

**6:04:10**

**Personal Health, Technology**

**Lisa Boucher, RN**, author of "*Raising the Bottom: Making Mindful Choices in a Drinking Culture*"

Ms. Boucher said many Americans quarantined are feeling more and more disconnected, which can easily lead to substance abuse. She added that people who may already have drinking problems are drinking more because they are alone, and alcohol can be easily ordered online and delivered to their homes. She outlined warning signs and what help is available for those struggling with alcohol abuse.

**Issues covered:**

**Length: 8:18**

**6:15:02**

**Substance Abuse, Coronavirus**

**Roger Beckett**, Executive Director of the Ashbrook Center at Ashland University, Ashland, Ohio

For years, the teaching of history and civics has taken a back seat to STEM (science, technology, engineering, math) education. Testing has found that only 18 percent of 8<sup>th</sup> graders are deemed "proficient" or better in history; only 23 percent in civics or government. Mr. Beckett explained why he believes the founding documents of our country should be essential reading for every American, especially students.

**Issues covered:**

**Length: 5:03**

**6:24:20**

**Education, Government Policies**

Show # 2020-38

**Date aired: 9-20-20 Time Aired: 5:59:21**

**Danielle Holly**, CEO of Common Impact, a nonprofit organization headquartered in Boston, which encourages skills-based volunteerism

Ms. Holly's organization recently issued a report that examined the impact of the COVID-19 pandemic on nonprofit organizations. She said the effect has been staggering, and the skills and expertise of corporate employees are a critical part of restoring and sustaining non-profit organizations. She outlined the core challenges

different non-profit groups are facing, and ways that Americans can help, through philanthropic and skilled volunteer support.

**Issues covered:**

**Length: 8:44**

**6:02:21**

**Volunteerism, Charitable Contributions, Coronavirus**

**Ray Dorsey, MD**, David M. Levy Professor of Neurology and Director of the Center for Health + Technology at the University of Rochester Medical Center, co-author of “*Ending Parkinson's Disease: A Prescription for Action*”

Dr. Dorsey said brain diseases are now the world's leading cause of disability. The fastest growing of these is Parkinson's: the number of impacted patients has doubled to more than six million over the last twenty-five years and is projected to double again by 2040. He believes more resources must be placed into research, because while cases are on the rise, the most effective treatment is now a half century old.

**Issues covered:**

**Length: 8:34**

**6:13:05**

**Parkinson's Disease, Personal Health**

**Catherine Ettman**, doctoral student at the Boston University School of Public Health

Ms. Ettman led a first-of-its-kind study at the Boston University School of Public Health that found that the number of American adults with depression symptoms had tripled as of mid-April, when 96% of the U.S. population was living under some form of COVID-19 lockdown order. She said that the study also found that a person with less than \$5,000 in savings was 50% more likely to have depression symptoms than someone with more than \$5,000.

**Issues covered:**

**Length: 5:07**

**6:22:39**

**Mental Health, Coronavirus**

Show # 2020-39

**Date aired: 9-27-20 Time Aired: 5:59:30**

**Karen L. Margolis, MD, MPH**, Executive Director of Research at HealthPartners Institute in Minneapolis

Dr. Margolis led a study that found that people enrolled in a pharmacist-led telemonitoring program to control high blood pressure were about half as likely to have a heart attack or stroke compared to those who received routine primary care. She explained how the approach differs from typical treatment programs. She also found that, with fewer medical complications, telemonitoring and phone visits translated into a \$1,900 savings on average, per patient.

**Issues covered:**

**Length: 9:59**

**6:02:30**

**High Blood Pressure, Personal Health**

**Honora Englander, MD**, Associate Professor of Medicine in the Oregon Health & Science University School of Medicine

Opioid abuse and overdoses are rising rapidly, in the wake of COVID-19 lockdowns. Dr. Englander studied 486 patients who entered an in-hospital addiction medicine intervention at OHSU, and found that three-quarters came into the hospital using more than one substance. She said medical personnel must be ready to offer additional support to patients using multiple drugs. She said participants in general abused fewer substances in the months after working with the hospital-based addictions team than before.

**Issues covered:**  
**Drug Addiction**

**Length: 7:12**

**6:14:29**

**Dennis E. Reidy, PhD**, Clinical Neuropsychologist, Behavioral Scientist in the Division of Violence Prevention at the Centers for Disease Control and Prevention in Atlanta

Stalking is a widely recognized public health concern, yet little information is available about stalking behaviors among teenage victims. Dr. Reidy led a study that determined that found that 14% of girls and 13% of boys have been victims of stalking. In addition, the survey found that the stalked teens were more likely to report symptoms linked to depression, as well as risky behavior such as binge drinking, drug abuse, dating violence and sexting.

**Issues covered:**  
**Stalking, Youth at Risk, Mental Health**

**Length: 5:07**

**6:22:41**