



KHIP – Gonzales
Quarterly Issues and Program List
1st Quarter
01-JAN-24 thru 31-MAR-24

Issues covered Throughout the Quarter:

- | | |
|----------------------------------|-----------------------|
| 1. Food/Clothing Insufficiency | 11. Consumer Matters |
| 2. Housing | 12. Real Estate |
| 3. Volunteering | 13. Parenting |
| 4. Health (Women, Men, Children) | 14. Minority Concerns |
| 5. Disaster Preparedness | 15. Mental Health |
| 6. Government | 16. Retirement |
| 7. Technology | 17. Disabilities |
| 8. Education/Arts | 18. Employment |
| 9. Substance Abuse | 19. Climate |
| 10. Personal Finance | 20. Criminal Justice |

Public Affairs Programs

INFO TRACK: This is a 25 minute syndicated program airing from 6:00-6:30am Sunday Mornings providing in depth discussions on a whole range of issues of national importance. Many of these issues fall into the categories listed above.

Outlined below are the issues and programs aired on the station that have provided significant treatment of community issues - including significant local issues of importance to surrounding areas.

Date:	Time:	Length:	Issue	Topic	Description
01/07/24	6:00	5:00	Proposed Grants; Mayoral Role	Proposed Grants; Mayoral Role	<p>Mike LeBarre - King City Mayor</p> <p>King City Funding Grants: description of proposed grants for King City; Mayoral role: description of the position of Mayor for the King City area</p> <p>TAM-C: description of Transportation Agency for Monterey County roadway projects; King City Rail Projects: description of current/upcoming rail projects</p>
01/07/24	6:00	8:44	Electric Vehicles; Consumer Matters	Electric Vehicles; Consumer Matters	<p>Steve Elek, Senior Automotive Data Analyst at Consumer Reports</p> <p>Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.</p>
01/07/24	6:00	8:41	Mental Health; Telehealth; Youth Issues	Mental Health; Telehealth; Youth Issues	<p>Mariah M. Kalmin, PhD, epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization</p> <p>Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.</p>
01/14/24	6:00	5:00	San Antonio Lake Info; New Seat at RCRC; Budget Tightening	San Antonio Lake Info; New Seat at RCRC; Budget Tightening	<p>Chris Lopez - Supervisor, District 3</p> <p>Highlight for 2023: San Antonio Lake, restocking of trout for 2024. New Seat at RCRC: description of added seat at Rural County Representatives of California. Budget Tightening: description of budget tightening for 2024; Storm Season: Storm season preparedness for 2024</p>
01/14/24	6:00	8:48	Alcoholism	Alcoholism	<p>Annie Grace, recovering alcoholic, author of "This Naked Mind," founder of the This Naked Mind community</p> <p>Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.</p>
					<p>Nusrat Jung, D.Sc., Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University</p>

Date:	Time:	Length:	Issue	Topic	Description
01/14/24	6:00	8:39	Personal Health; Environment; Consumer Matters	Personal Health; Environment; Consumer Matters	Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.
01/21/24	6:00	5:00	San Antonio Lake Info; New Seat at RCRC; Budget Tightening	San Antonio Lake Info; New Seat at RCRC; Budget Tightening	Chris Lopez - Supervisor, District 3 Food Bank hours of operation; Covid Test Kits and how to obtain them; Youth Sports sign ups and locations; Free Zumba at the Park
01/21/24	6:00	8:54	Property Taxes; Inflation; Home Ownership	Property Taxes; Inflation; Home Ownership	Jared Walczak, Vice President of State Projects, Tax Foundation More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.
01/21/24	6:00	8:29	Housing; Poverty; Economy	Housing; Poverty; Economy	Satchin Panda, PhD, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinner-time calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.
01/28/24	6:00	5:00	Project Home Q; Senator Caballero meeting	Project Home Q; Senator Caballero meeting	Mike LeBarre - King City Mayor Project Home Q: description of legal issues with the developer Monterey County Resource Agency: Mayor shares description of his seat on this board; Senator Caballero: description of discussion with the Senator; TAM-C: Supervisor Chris Lopez in his new role as chairperson; Farm Day King City: description of farm day for children
01/28/24	6:00	8:58	Digital Currencies; Personal Finance	Digital Currencies; Personal Finance	Vijay Boyapati, Bitcoin expert, author of "The Bullish Case for Bitcoin" Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.

Date:	Time:	Length:	Issue	Topic	Description
01/28/24	6:00	8:15	Substance Abuse, Parenting	Substance Abuse, Parenting	<p>Laura Stack, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana</p> <p>Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.</p>
02/04/24	6:00	5:00	Community; Food Distributions; Internet Service	Community; Food Distributions; Internet Service	<p>Jessica Olmedo - Recreation Coordinator/Analyst Gonzales Engagement Dept</p> <p>Food Bank for Monterey County: location, date, hours of operation; Gonzales Food Pantry: location, date, hours of operation Gonzales Community Church Clothing Closet: location, date, hours of operation; Gonzales City Council Meeting: date, location, time; Sandbag Station: location, date, time; Affordable Connectivity Program: description of program; Gonzales Chair Yoga: description, location, date, time</p>
02/04/24	6:00	8:43	Manufacturing; Economy; Government	Manufacturing; Economy; Government	<p>Rachel Slade, author of "Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)"</p> <p>The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.</p>
02/04/24	6:00	8:37	Personal Health; Science	Personal Health; Science	<p>Gary Taubes, journalist, author of "Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments"</p> <p>Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.</p>
					<p>Mike LeBarre - King City Mayor</p>

Date:	Time:	Length:	Issue	Topic	Description
02/11/24	6:00	5:00	Cal-Cog Conference; KC Council Meeting	Cal-Cog Conference; KC Council Meeting	CAL-COG Conference: description, details of council conference Citizen of the Year Award: description, location, date, time; King City Council Meeting: location, date, time; Broadband Authority Meeting: description of future broadband service; Coast Rail Coordinating Council: description of coast rail projects
02/11/24	6:00	8:30	Mental Health; Child Abuse	Mental Health; Child Abuse	Marisel Buqué, PhD, psychologist, author of "Break the Cycle: A Guide to Healing Intergenerational Trauma" Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices that can pass down strength instead of pain, thereby breaking the cycle.
02/11/24	6:00	8:38	Personal Health; Longevity	Personal Health; Longevity	Greg Hammer, PhD, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of "GAIN Without Pain" Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.
02/18/24	6:00	5:00	Landslides Arroyo Seco; ATT Copper Lines; Overdoses	Landslides Arroyo Seco; ATT Copper Lines; Overdoses	Chris Lopez - Supervisor, District 3 Recent Landslides on Arroyo Seco: description of landslides and efforts to clean up and prepare; COLR - Carrier of Last Resort: description of AT&T copper lines and future broadband connectivity; Fire Insurance: topic of fire insurance in rural California; Overdose Issue: description of NARCAN and the overdose problem in the south county; New Fire Station: description of a new fire station in Locklin; Lake Levels: discussion of higher lake levels in south county
02/18/24	6:00	9:27	Child Abuse & Neglect; Alcohol Abuse; Foster Care	Child Abuse & Neglect; Alcohol Abuse; Foster Care	Bridget Freisthler, PhD, Professor in the College of Social Work at Ohio State University Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.

Date:	Time:	Length:	Issue	Topic	Description
02/18/24	6:00	7:46	Government Assistance; Rural Concerns; Aging	Government Assistance; Rural Concerns; Aging	<p>Megan Henly, PhD, Research Assistant Professor in the Institute on Disability at the University of New Hampshire</p> <p>Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.</p>
02/25/24	6:00	5:00	Landslides Arroyo Seco; ATT Copper Lines; Overdoses	Landslides Arroyo Seco; ATT Copper Lines; Overdoses	<p>Chris Lopez - Supervisor, District 3</p> <p>Recent Landslides on Arroyo Seco: description of landslides and efforts to clean up and prepare; COLR - Carrier of Last Resort: description of AT&T copper lines and future broadband connectivity; Fire Insurance: topic of fire insurance in rural California; Overdose Issue: description of NARCAN and the overdose problem in the south county; New Fire Station: description of a new fire station in Locklin; Lake Levels: discussion of higher lake levels in south county</p>
02/25/24	6:00	9:33	Mental Health; Personal Health	Mental Health; Personal Health	<p>Jeremy Nobel, MD, MPH, founder of the nonprofit Foundation for Art & Healing, author of "Project UnLonely: Healing Our Crisis of Disconnection"</p> <p>Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.</p>
02/25/24	6:00	7:47	Women's Health; Domestic Abuse; Mental Health	Women's Health; Domestic Abuse; Mental Health	<p>Elizabeth Comen, MD, Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of "All in Her Head: The Truth and Lies Early Medicine Taught Us About Women's Bodies and Why It Matters Today"</p> <p>Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but the term used today is anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.</p>
03/03/24	6:00	5:00	Coast Rail Meetings; Citizen & Business of The Year	Coast Rail Meetings; Citizen & Business of The Year	<p>Mike LeBarre - King City Mayor</p> <p>Coast Rail Meeting: description of fundraising meeting for passenger rail system for the Central Coast; Citizen and Business of the Year: description of the event honoring people and businesses; Speaker Rivas: description of annual meeting with Speaker Rivas; First Tee Event: description of fundraising event for golf course</p>

Date:	Time:	Length:	Issue	Topic	Description
03/03/24	6:00	8:14	Food Safety; Personal Health; Consumer Matters	Food Safety; Personal Health; Consumer Matters	<p>James E. Rogers, PhD, Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports</p> <p>Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.</p>
03/03/24	6:00	8:54	Traffic Fatalities; Government	Traffic Fatalities; Government	<p>Harvey Miller, PhD, Professor of Geography at Ohio State University</p> <p>Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis pedestrian safety.</p>
03/10/24	6:00	5:00	Coast Rail Meetings; Citizen & Business of The Year	Coast Rail Meetings; Citizen & Business of The Year	<p>Mike LeBarre - King City Mayor</p> <p>Coast Rail Meeting: description of fundraising meeting for passenger rail system for the Central Coast; Citizen and Business of the Year: description of the event honoring people and businesses; Speaker Rivas: description of annual meeting with Speaker Rivas; First Tee Event: description of fundraising event for golf course</p>
03/10/24	6:00	7:29	Personal Health	Personal Health	<p>Angela Fagerlin, Ph.D., Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation</p> <p>Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.</p>
03/10/24	6:00	9:40	Sexual Abuse; Parenting; Mental Health	Sexual Abuse; Parenting; Mental Health	<p>Teresa Gil, PhD, psychotherapist, author of "Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation"</p> <p>Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.</p>
<p>Chris Lopez - Supervisor, District 3</p>					

Date:	Time:	Length:	Issue	Topic	Description
03/17/24	6:00	5:00	KC Shooting; KC HS Soccer; 3 Year Budget Forecast	KC Shooting; KC HS Soccer; 3 Year Budget Forecast	Recent King City Shooting: description of efforts to bring closure; King City High School Soccer: congratulations to a winning team; New Golf Clubhouse: description of new clubhouse for high schoolers; 3 Year Budget: forecast of upcoming budget Broadband: description of upcoming internet access
03/17/24	6:00	8:50	Personal Health; Aging	Personal Health; Aging	David Rein, PhD, Senior Fellow at the National Opinion Research Center at the University of Chicago Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprisingly large impact. He found that that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study's findings, along with the societal stigma of wearing hearing aids.
03/17/24	6:00	8:31	Education; Parenting	Education; Parenting	Christy Faith, author of "Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System" Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.
03/24/24	6:00	5:00	Crime; KC Soccer; First Tee Fundraising; Read Across America	Crime; KC Soccer; First Tee Fundraising; Read Across America	Mike LeBarre - King City Mayor Recent King City Shooting: efforts being made to apprehend suspects and community healing; King City High Soccer: brief description on a job well done; First Tee of Monterey County: fundraising events by first tee organization for schools; Tam-C: description of school safety programs; Read Across America Event: description of event; Annual Meeting: description of meetings for and about King City
03/24/24	6:00	8:12	Emergency Services; Public Health	Emergency Services; Public Health	Michael Redlener, MD, Associate Professor of Emergency Medicine at the Icahn School of Medicine of Mount Sinai Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice.

Date:	Time:	Length:	Issue	Topic	Description
03/24/24	6:00	9:12	Teenager Concerns; Parenting; Mental Health	Teenager Concerns; Parenting; Mental Health	<p>Chelsey Goodan, academic tutor and mentor, author of "Underestimated: The Wisdom and Power of Teenage Girls"</p> <p>Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices.</p>
03/31/24	6:00	5:00	Community Events; Beach Fires	Community Events; Beach Fires	<p>Leslie Fenton - City of Carmel By the Sea</p> <p>Farmers Market Thursdays: description, location, date, time; Earth Day/Arbor Day celebrations: description, locations, dates, times; List of upcoming events: Carmel art festival and many other upcoming events; Sand Castle Contest: brief description of contest and other future events; Campfires on the beach: description about campfires on the beach; Brief description of Carmel beach after the rainy season</p>
03/31/24	6:00	8:53	Crime; Personal Finance	Crime; Personal Finance	<p>Charles L. Marohn Jr, land-use planner, municipal engineer, author of "Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis"</p> <p>Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal.</p>
03/31/24	6:00	8:30	Foster Care; Minority Concerns	Foster Care; Minority Concerns	<p>Sanja Jellic, MD, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons</p> <p>Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jellic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient's risk of heart disease, which is about two to three times higher than average.</p>