

**WKZA-FM Issues and Programs List
1st Quarter February 2018**

Date	February 4, 2018
Issue	Personal Health, Aging, Nutrition
Program	At about 6:30 am, we ran a 9 minute interview with Valter Longo, PhD, about aging, how exercise and a healthy diet including periodic fasting may be the key to a longer life.

Date	February 4, 2018
Issue	Women's Issues, Mental Health, Fitness
Program	At about 6:45 am, we ran a 7 1/2 minute interview with Kathleen Martin Ginis, PhD, about how just a half hour of exercise can have a dramatic effect on women's health and body image, and about the fact that poor body image can have negative implications for a woman's physical and mental health.

Date	February 11, 2018
Issue	Sexual Harassment, Women's Issues, and Workplace Matters
Program	At about 6:30 am, we ran a 9 ½ minute interview with author Joanne Lipman about the gender gap in the workplace, and how the solution to workplace inequality and harassment lies in men becoming women's allies.

Date	February 18, 2018
Issue	Poverty, Education
Program	At about 6:30 am, we ran an 8 ½ minute interview Mark Rank, PhD, about how many people live in poverty, how common it is, reasons behind it, and why some people move from middle class back to poverty.