

ISSUES PROGRAMS LIST  
Quarterly Issues Programs List for KSTP-AM  
St. Paul, Minnesota  
Oct. 1 – Dec. 31, 2023

**Section I. Issues**

The station has identified the following issues as significant issues facing our community in this quarter:

- A. Personal health issues
- B. Long-term illness and disease
- C. Crime and crime psychology
- D. Cancer and treatment
- E. Public health and safety
- F. Neurology issues

**Section II. Responsive Programs**

The station has broadcast programming dealing with each of the above referenced issues. Programming dealing with each issue is set out below.

**A. Personal health issues**

**SEGMENT 1: "OWN YOUR CHOICES": GETTING HEALTHY WITHOUT MEDICATION**

**Radio Health Journal**

**Air Week:** 10/1/2023

**Time:** 6:30a

**Duration:** 11:18

**Synopsis:** Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependence on medication.

**SEGMENT 2: HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH**

**Radio Health Journal**

**Air Week:** 10/1/2023

**Time:** 6:45a

**Duration:** 8:52

**Synopsis:** Even though the APMA estimates that three out of four people will develop serious foot pain, foot health is often neglected until it's too late. Plantar fasciitis is one of the most common causes of foot discomfort – and it's preventable in many cases. Dr. Marlene Reid, a podiatric surgeon, explains proper foot care and how to mitigate any pain flare-ups

**SEGMENT 2: HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY**

**Radio Health Journal**

**Air Week:** 10/29/2023

**Time:** 6:45a

**Duration:** 10:05

**Synopsis:** As the temperature drops and we're spending more time inside, it's important to keep our homes disease-free. Things like mold and dust mites can compromise your health. Our experts explain how to properly clean your space and give easy steps you can take to keep your family safe.

## **B. Long-term illness and disease**

### **SEGMENT 1: RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS**

**Radio Health Journal**

**Air Week:** 10/8/2023

**Time:** 6:30a

**Duration:** 13:18

**Synopsis:** Rheumatoid arthritis is a life-changing condition but can also be invisible to everyone around you. Between finding the right medication and managing the illness, it's often a long and frustrating process for many patients. Our experts explain the importance of community support and how to cope with an inflammatory arthritis diagnosis.

### **SEGMENT 1: DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH**

**Radio Health Journal**

**Air Week:** 10/29/2023

**Time:** 6:30a

**Duration:** 12:15

**Synopsis:** Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment.

### **SEGMENT 1: FROM HOLLYWOOD TO THE HOSPITAL: JAMIE-LYNN SIGLER'S BATTLE WITH MS**

**Radio Health Journal**

**Air Week:** 11/19/2023

**Time:** 6:30a

**Duration:** 11:39

**Synopsis:** Jamie-Lynn Sigler was cast in *The Sopranos* as a teenager, but was soon fighting for more than just her spot in Hollywood. After being diagnosed with multiple sclerosis, Sigler found herself on a long journey of figuring out how to manage her disease while living a fulfilling life. She explains the steps she took in hopes of helping others in similar situations.

### **SEGMENT 2: "NO SMOKE IS GOOD SMOKE" HOW VAPING IS INCREASING CASES OF COPD**

**Radio Health Journal**

**Air Week:** 12/24/2023

**Time:** 6:45a

**Duration:** 8:30

**Synopsis:** COPD is a silent killer – but it doesn't have to be. Smoking cigarettes and vaping are among the main causes of the lung disease, but manufacturing plants and air pollution can make even the healthiest person sick. Our experts explain ways to reduce your risk and how to manage COPD once you're diagnosed.

## **C. Crime and crime psychology**

### **SEGMENT 1: WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR**

**Radio Health Journal**

**Air Week:** 10/15/2023

**Time:** 6:30a

**Duration:** 11:28

**Synopsis:** Many of us think that we can spot a liar by their eye movements or facial expressions, but for true deception artists those methods won't work. Our experts explain the psychology behind why people lie and how you can avoid being duped.

#### **SEGMENT 2: MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS**

**Radio Health Journal**

**Air Week:** 11/19/2023

**Time:** 6:45a

**Duration:** 7:56

**Synopsis:** False confessions seem far and few between, but our experts say they're more common than most of us think. In this first installment of the two-part series, we explain the different types of false confessions and what drives people to confess to a crime they didn't commit.

#### **SEGMENT 2: FALSE CONFESSIONS PT.2: USING SCIENCE TO CATCH THE REAL CRIMINALS**

**Radio Health Journal**

**Air Week:** 11/26/2023

**Time:** 6:45a

**Duration:** 8:59

**Synopsis:** Last week our experts broke down the psychology of false confessions, and today we're discussing the aftermath of wrongful convictions. Why do people who've been wrongly convicted die earlier? How can law enforcement make sure they're catching the real criminals? Our experts explain it all.

## **D. Cancer and treatment**

#### **SEGMENT 1: CURING CANCER WITH VACCINES OF THE FUTURE**

**Radio Health Journal**

**Air Week:** 10/22/2023

**Time:** 6:30a

**Duration:** 12:18

**Synopsis:** The pandemic introduced many of us to mRNA vaccines. Now, researchers are hard at work figuring out how to use this technology to fight cancer. This delivery method would not only stop cancer from growing, but also allow our immune system to eradicate the disease. An expert explains the science behind how we may soon be able to cure cancer.

#### **SEGMENT 1: OPPENHEIMER'S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION**

**Radio Health Journal**

**Air Week:** 11/12/2023

**Time:** 6:30a

**Duration:** 11:54

**Synopsis:** Researchers have been studying the lasting health effects of the atomic bomb for decades – but there's a new type of radiation scientists are worried about. Nuclear workers, medical physicians, and the public are all being exposed to low-dose, long-term ionizing radiation. It causes cancer, radiation cataracts, and impaired cognition. Experts explain how we can protect ourselves from these dangerous rays.

#### **SEGMENT 2: EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN'T DEADLY**

**Radio Health Journal**

**Air Week:** 11/12/2023

**Time:** 6:45a

**Duration:** 7:40

**Synopsis:** The US Preventive Services Task Force has recently updated its guidelines for breast cancer screenings to help curb the 42,000 yearly deaths. Our experts explain these changes, how to perform at-home exams, and why aggressive breast cancer may no longer be a death sentence.

## **E. Public health and safety**

### **SEGMENT 2: WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT**

**Radio Health Journal**

**Air Week:** 10/8/2023

**Time:** 6:45a

**Duration:** 6:19

**Synopsis:** In a world where deforestation and environmental pollution runs rampant, it's no surprise that wild animals have started to creep into our backyards and – in some cases – inside our homes. Mary Roach, a science author, dives into the reasons behind this steady rise of wildlife lawbreakers.

### **SEGMENT 2: HOW THE MRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION**

**Radio Health Journal**

**Air Week:** 10/15/2023

**Time:** 6:45a

**Duration:** 8:01

**Synopsis:** The FDA recently approved a new booster shot for COVID-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season.

### **SEGMENT 1: SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS?**

**Radio Health Journal**

**Air Week:** 11/5/2023

**Time:** 6:30a

**Duration:** 11:53

**Synopsis:** If you're waiting at a streetlight to turn left, you'll probably never be joined by a UPS truck. The company's computer routing system has shown that left-hand turns waste time and fuel – but Dr. Vikash Gayah says they could also be dangerous to our health. Experts dive into these road rules and offer solutions to simplify your daily errands.

## **F. Neurology issues**

### **SEGMENT 2: DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON**

**Radio Health Journal**

**Air Week:** 10/22/2023

**Time:** 6:45a

**Duration:** 7:49

**Synopsis:** Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it's a little of both. Dr. Dennis Charney breaks down what common characteristics resilient people share and how you can overcome hardships in your own life.

### **SEGMENT 1: MINUTE BY MINUTE: EVERYTHING YOU NEED TO KNOW ABOUT STROKE PREVENTION**

**Radio Health Journal**

**Air Week:** 12/24/2023

**Time:** 6:30a

**Duration:** 11:03

**Synopsis:** Nearly 800,000 Americans have a stroke each year, so make sure you know how to help if your loved one has a sudden attack. Our experts give you the tools to know the signs, symptoms, and actions you can take to save a life. Remember to BE FAST, every minute matters.

**SEGMENT 1: IF YOU HAVE A BRAIN, YOU'RE AT RISK FOR A SEIZURE - LET'S TALK ABOUT IT**

**Radio Health Journal**

**Air Week:** 12/31/2023

**Time:** 6:30a

**Duration:** 10:51

**Synopsis:** While seizures are more common in very young and old age groups, they can happen to anyone. Our experts break down what causes seizures, who is a candidate for brain surgery, and why cannabis is becoming a popular treatment option.