

## Dialogue Minnesota Program Descriptions First Quarter 2024

January 7, 2024

**Getting Physically Fit in the New Year:** Our annual conversation with Personal Trainer Brent Goodermont includes tips on starting or recommitting to a fitness program, staying motivated, and finding the best fitness routine for your schedule and lifestyle. Strength exercises that use your body weight and do not require additional equipment are also discussed, as is basic information on healthy eating and nutrition.

January 14, 2024

**Resiliency in Children:** Many of Minnesota's K-12 students face academic challenges. There is a significant achievement gap between students of color and those from economically disadvantaged backgrounds. The COVID-19 pandemic and subsequent school closures negatively impacted student learning. Yet, some students manage to overcome adversity and succeed in the classroom. University of Minnesota Regents Professor and Distinguished McKnight Professor of Child Development Ann Masten discusses why some children are more resilient than their peers from a similar background.

January 21, 2024

**Migrants in Minnesota:** The influx of migrants and refugees in Minnesota is driving dramatic demographic shifts. Minnesota is home to the second-largest Hmong population and the largest Somali population in the U.S. Since 1990, the state's Latino population has tripled. The Minneapolis-based Advocates for Human Rights is tracking these demographic trends and works to improve the lives of Minnesota's immigrants. The organization's Michelle Garnet Mackenzie and Robin Phillips discuss the challenges migrants and refugees face.

January 28, 2024

**The Civil Rights Movement in 1968:** 1968 marked a pivotal year in America's Civil Rights Movement. Dr. Martin Luther King, Jr. was assassinated. The Black Power Movement gained momentum. President Lyndon Baines Johnson, a champion of civil rights, announced that he would not seek a second term. University of Minnesota Professor of African American and African Studies Keith Mayes discusses the year's significance in the ongoing struggle for racial justice.

February 4, 2024

**Remembering the "Minnesota Miracle":** Fifty years ago, then-DFL Governor Wendell Anderson worked with the Conservative-controlled Legislature to pass fiscal policies that transformed the state's educational system. Though the process required the most extended special session in

the state's history, the bipartisan effort and the commitment to economic and social equality became known as the "Minnesota Miracle." Minneapolis attorney and former state legislator Tom Berg, the author of the book *Minnesota's Miracle: Learning From the Government That Worked*, examines the legacy of Governor Anderson, what made the "Minnesota Miracle" possible, and what has happened to the "miracle" in the ensuing decades.

February 11, 2024

**Deep Winter Greenhouses:** The University of Minnesota Extension Program is developing Deep Winter Greenhouses (DWGs) in the state to research how small-scale farmers can grow crops year-round. The DWGs use solar energy to limit the amount of fossil fuels usually required to grow crops in northern winter climates. Extension researchers Greg Schweizer and Dan Handeen discuss the program.

February 18, 2024

**Promoting Diverse Opinions:** America is a deeply divided nation. These political and social divisions are evident on college campuses as they are elsewhere in the country. The University of Minnesota, College of Liberal Arts, launched the Public Life Project in the fall of 2021 to help address these divisions and encourage respectful conversations about controversial issues. The director of the Public Life Project, U of M Sociology Professor Douglas Hartmann, tells us how the initiative is working two years after its inception.

February 25, 2024

**The Politics of Care:** More than 13 years after it was signed into law, the Affordable Care Act continues to generate controversy. It has survived several legal challenges and attempts by some members of Congress to repeal it. The Affordable Care Act debate raises a much broader question: how should a society care for its people and who is responsible for providing that care? University of Minnesota Political Science Professor Joan Tronto discusses her book *Caring Democracy*, which explores the politics of health care and suggests that Americans are facing a care deficit.

March 3, 2024

**Deep Brain Stimulation:** A miniature probe carefully inserted deep into the human brain is helping researchers treat several debilitating neurological conditions. Deep Brain Stimulation, or DBS, is a surgical procedure where a small device, precisely implanted, produces electrical impulses that alter the brain's electrical circuitry. DBS treats several neurological conditions, including epilepsy, chronic pain, and depression. At the University of Minnesota, the neurology department uses DBS to treat Parkinson's Disease. The procedure provides relief to patients suffering the symptoms of Parkinson's, such as tremors and dystonia. For many of these patients, DBS is more effective than medications. Dr. Gerald Vitek, the head of the U's neurology department and director of the neuromodulation research program, and Dr. Michael

Park, an assistant professor in the Department of Neurosurgery at the U, discuss the DBS procedure.

March 10, 2024

**Saving Our Pollinators:** Scientists are concerned about the declining number of pollinating insects such as bees and butterflies. Urbanization, the loss of prairie land, and the use of pesticides have all contributed to the problem. University of Minnesota Professor of Entomology Vera Krischik discusses actions that landowners and homeowners can take to make their properties more pollinator-friendly.

March 17, 2024

### **Did Not Air**

March 24, 2024

**The Legacy of Prince:** Minnesotans and fans worldwide continue to celebrate Prince's musical legacy. Prince uniquely melded R&B and funk into the musical mainstream, while his lyrics often echoed themes of race and sexuality. University of Minnesota Assistant Professor of American Studies Elliott Powell discusses Prince's many contributions to contemporary music and the origins of the "Minneapolis Sound."

March 31, 2024

**Improving Pediatric Oral Health:** Many young children from low-income families lack access to dental care. Caregivers often seek temporary and expensive treatment in hospital emergency rooms when oral health issues arise. There is a simple, low-cost procedure that prevents cavities in children. Dr. Elise Sarvas, dental director of the Minnesota Oral Health Project, and Dr. Amos Deinard, University of Minnesota pediatrician, discuss the benefits of applying fluoride varnish to children's teeth.