



## Quarterly Issues Programs List for Station KSTP-FM/KS95

St. Paul, MN

October 1, 2021 – December 31, 2021 – 4th Quarter

Placed in the Public File – Jan 10th, 2022

### **Section I. Issues**

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

- A. Education
- B. Mental Health
- C. Workplace Matters and Careers
- D. Personal Health
- E. Local Minnesota Issues
- F. Consumer Issues

## A. Education

1. INFOTRAK 10/24/2021 5:30 AM - 9 MINS: Manny Centeno, Program Manager of the Integrated Public Alert and Warning System, part of the Federal Emergency Management Agency. Mr. Centeno outlined what the public needs to know about the Emergency Alert System, and provided real-life examples to illustrate why EAS is so important to public safety. He also discussed the purpose of "Primary Entry Point" radio stations and details of the all-hazards upgrades at those 77 stations, to add special air scrubbing for chemical, biological and radiological protection, EMP resistance and emergency power generation. He also mentioned the role played by satellite, cable systems and the internet via desktop and mobile phone alerts.
2. INFOTRAK 10/31/2021 5:30 AM - 9 MINS: Eric Garcia, journalist, author of "We're Not Broken: Changing the Autism Conversation". Mr. Garcia shared his story of living with autism, to explain the social and policy gaps that often fail to help Americans across the autism spectrum. He said society has not listened to the needs of the autistic community. He outlined several misconceptions, including the belief that there is an autism epidemic, because diagnostic criteria were expanded in the 1990s.
3. INFOTRAK 11/21/2021 5:50 AM - 5 MINS: Anna Joyce, PhD, MSc, Lecturer in Psychology, specializing in developmental psychology, atypical development, and sleep at Regent's University London . Sleep problems are common in children and are known to detrimentally affect language and cognitive abilities, as well as academic achievement. Prof. Joyce led a study that examined the connection between sleep-disordered breathing and daytime sleepiness in children and reading skills. She offered advice for parents to improve the quality of their child's sleep.
4. INFOTRAK 11/28/2021 5:30 AM - 9 MINS: Suzanne Bouffard, PhD, expert in child development and education, author of "The Most Important Year: Pre-Kindergarten and the Future of Our Children". Dr. Bouffard discussed the critical importance of pre-school programs. She noted that children who attend quality pre-K programs have a host of positive outcomes including better language, literacy, problem-solving and math skills later in school. She said also they have a leg up on the most essential skill: self-control. She offered advice for parents on how to choose a quality pre-school.
5. INFOTRAK 11/28/2021 5:50 AM - 5 MINS: Julia Leonard, graduate student in Brain and Cognitive Sciences at the Massachusetts Institute of Technology. Ms. Leonard was the first author of a study that found that when 1 year olds observe an adult persisting at a challenging task, they themselves try harder when faced with a problem. She explained why developing perseverance in early childhood pays off later in school and other pursuits.
6. INFOTRAK 12/19/2021 5:30 AM - 9 MINS: Tim Larkin, self defense expert, author of "When Violence Is the Answer: Learning How to Do What It Takes When Your Life Is at Stake". Mr. Larkin discussed the use of violence in self-defensive situations. He discussed ways to prevent, prepare for, and survive violent encounters with criminals. He said that violence is a tool equally effective in the hands of the "bad guy" or the "good guy" and that that

the person who acts first, fastest and with the full force of their body is the one who typically survives a violent incident.

7. INFOTRAK 12/19/2021 5:40 AM - 8 MINS: Gail Heyman, PhD, Professor of Psychology, University of California, San Diego. Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

#### B. Mental Health

1. INFOTRAK 10/17/2021 5:40 AM - 10 MINS: Joanna Quinn, M.Ed., former middle school teacher, founder of Super Empowered One, an organization dedicated to building confidence in kids, author of "Greta Grace," a book focused on bullying and self-esteem. According to StopBullying.gov, one in five kids between the ages of 12 and 18 have experienced bullying. Ms. Quinn outlined the typical signs of bullying and what parents should do if their child is either a victim or a bully. She talked about the increasing role that schools play in the prevention of bullying.
2. INFOTRAK 10/31/2021 5:50 AM - 5 MINS: Elaine Parke, author of "The Habits of Unity: 12 Months to a Stronger America...One Citizen at a Time". Recent news has cast Facebook in a less than flattering light. Ms. Parke says, like anything, the positive or negative influences of Facebook depend on how you use it. She said in a time of political division and social strife, paying closer attention to the social media Americans are exposed to—or taking a break from Facebook—might be good for their mental health.
3. INFOTRAK 11/07/2021 5:50 AM - 5 MINS: Shannon Carpenter, stay-at-home dad. Author of "The Ultimate Stay-At-Home Dad: Your Essential Manual for Being an Awesome Full-Time Father". There are over 2 million stay-at-home dads in the United States, not including those with part-time jobs. Mr. Carpenter shared his own story of becoming a stay-at-home dad and the lessons he tries to share with other men considering it. He talked about the isolation often faced by stay-at-home dads, and recommended support groups to help.
4. INFOTRAK 11/14/2021 5:40 AM - 9 MINS: Carl Hanson, PhD, Professor of Public Health, Brigham Young University. Researchers from Brigham Young University, Johns Hopkins and Harvard have created an algorithm that can predict suicidal thoughts and behavior among adolescents with 91% accuracy. Prof. Hanson was one of the co-authors of the study, and he said the two primary risk factors related to personal connections: family relationships, and friendships with peers.
5. INFOTRAK 12/19/2021 5:50 AM - 5 MINS: Doug Abrams, author of "The Book of Joy Journal". Mr. Abrams discussed a conversation he moderated between Archbishop Desmond Tutu and His Holiness the Dalai Lama, on the topic of joy. He explained how these two men have intentionally found joy in

their lives, despite the hardships they have faced and the many atrocities they have witnessed.

### C. Workplace Matters and Careers

1. INFOTRAK 10/24/21 5:50 AM - 5 MINS: Vanessa Bohns, PhD, Associate Professor in the Department of Organizational Behavior at the New York State School of Industrial and Labor Relations at Cornell University. Work emails are sent at all hours of the day and night now, and are a tremendous source of stress, whether someone works in an office or remotely. Prof. Bohns said people can limit the negative impact of email, by not necessarily sending less email, but by sending better emails that clearly define how urgently they expect a response.
2. INFOTRAK 10/31/21 5:40 AM - 8 MINS: Sarah Foster, Bankrate.com analyst. Higher education is one of the most important financial decisions most young people make, and Bankrate.com recently completed a study that ranked the most and least valuable college majors. Ms. Foster shared the rankings, as well as what crucial factors college students should consider when deciding on a major.
3. INFOTRAK 11/7/21 5:30 AM - 9 MINS: Jen Fisher, US Chief Well-being Officer at Deloitte, a multinational professional services network, author of "Work Better Together: How to Cultivate Strong Relationships to Maximize Well-Being and Boost Bottom Lines". 1 in 4 adults struggle with mental health challenges, and those suffering often hide it at work for fear of discrimination from peers or bosses. Ms. Fisher explained how companies can encourage open and honest conversations to remove the stigma surrounding mental health. She also said companies need to redefine the concept of sick days, to improve mental as well as physical health.
4. INFOTRAK 11/7/21 5:40 AM - 8 MINS: Patty Alper, President of the Alper Portfolio Group, author of "Teach to Work: How a Mentor, a Mentee, and a Project Can Close the Skills Gap in America". Millions of Americans are looking for new jobs right now, largely because they're simply not satisfied with where they are. Ms. Alper explained why mentors are important for the success of both employees and a company overall. She also outlined the questions an applicant can ask to determine the accessibility to mentors throughout a company. She also discussed her work in recruiting CEOs to mentor inner-city youth.
5. INFOTRAK 11/14/21 5:50 AM - 5 MINS: Sung Rhee, CEO and founder of Optimal, a higher education data research company. A recent survey found that more than half of teens today are gravitating toward a skill-based education, and almost half are leaning toward programs that can be completed within two years. Mr. Rhee's organization recently published an analysis titled "Coding Bootcamp vs College: Which Will Help You Land the Most Prestigious Jobs in the Tech Industry?" He explained what a coding boot camp teaches and who is a likely candidate to attend.
6. INFOTRAK 12/5/21 5:40 AM - 8 MINS: Vicki Bogan, PhD, Associate Professor at the Charles H. Dyson School of Applied Economics and

Management at Cornell University, founder and director of the Institute for Behavioral and Household Finance. Mental health problems can have a large negative effect on retirement savings, according to Dr. Bogan's research. She discussed her study, which found that people with anxiety and depression are nearly 25 percent less likely to have a retirement savings account, and their savings are dramatically smaller than those without psychological distress.

7. INFOTRAK 12/5/21 5:50 AM - 5 MINS: May McCarthy, serial entrepreneur, author of "The Path to Wealth: Seven Spiritual Steps to Financial Abundance". Ms. McCarthy talked about the biggest surprises encountered by people who start their own business. She described the characteristics of successful entrepreneurs, and why owning a business can be very rewarding.
8. INFOTRAK 12/26/21 5:40 AM - 8 MINS: Katreena Scott, PhD, Associate Professor in the Department of Applied Psychology and Human Development, University of Toronto. Dr. Scott led a study that examined how the workplace is affected by an employee who is involved in domestic violence. She said not only does it result in lowered productivity, but a third of the men reported that they used workplace time and resources to continue to engage in emotionally abusive behavior. She explained how employers can offer assistance for employees with domestic violence issues.
9. INFOTRAK 12/26/21 5:50 AM - 5 MINS: Lawrence J. Cheskin, M.D., F.A.C.P., Associate Professor of Health, Behavior & Society, Johns Hopkins University School of Medicine. Almost 40 percent of American adults and nearly 20 percent of adolescents are obese. Dr. Cheskin led a study that examined the financial costs of being overweight at various stages of life. He said lost productivity on the job accounted for at least 50% of the expense of being overweight, even more than direct medical expenditures.

#### D. Personal Health

1. INFOTRAK 10/10/2021 5:30 AM - 9 MINS: Roby Greenwald, PhD, Assistant Professor at the School of Public Health, Georgia State University. Traffic pollution research has traditionally been conducted with outdoor roadside sensors. Dr. Greenwald led a study with sensors mounted inside the passenger compartments of cars, and found that interior pollution levels were twice as high as previously thought. He talked about the various forms of pollution he found and their potential health effects.
2. INFOTRAK 10/10/2021 5:40 AM - 8 MINS: Rebekah H. Nagler, PhD, Assistant Professor in the Hubbard School of Journalism & Mass Communication, University of Minnesota. Dr. Nagler led a study that found that most American women aren't aware of the risks of overdiagnosis and overtreatment in regards to breast cancer screening. She discussed the challenges of educating women about these risks so they can make informed decisions about mammograms and breast cancer screening.
3. INFOTRAK 10/10/2021 5:50 AM - 5 MINS: David Rabiner, PhD, Senior Research Scientist in the Department of Psychology & Neuroscience at Duke University. The use of "study drugs" -- prescription medications used illegally

by college students to improve their academic performance--is on the rise. Dr. Rabiner said the drugs of choice are those typically used to treat ADHD. He discussed the question of whether the practice is a form of academic cheating. He added that students who use these medications without a prescription typically have higher rates of drug and alcohol abuse, perform worse academically and are more stressed out about their grades.

4. INFOTRAK 10/17/2021 5:30 AM - 7 MINS: David Mazer, MD, anesthesiologist at St. Michael's Hospital and Professor in the Departments of Anesthesia and Physiology at the University of Toronto. Dr. Mazer was the co-author of a study that found that adults under 45 years old, who consumed cannabis within the last 30 days, suffered from nearly double the number of heart attacks than adults who didn't use the drug. He said the trend was evident whether cannabis was smoked, vaped or eaten as an edible. He outlined the lessons that can be learned from the research.
5. INFOTRAK 10/17/2021 5:50 AM - 5 MINS: Elizabeth Klodas, MD, FACC, cardiologist, Founder and Chief Medical Officer for Step One Foods, author of "Slay the Giant: The Power of Prevention in Defeating Heart Disease," founding Editor-in-Chief of the patient education effort of the American College of Cardiology. About 38% of American adults have high cholesterol, according to the Centers for Disease Control. Dr. Klodas discussed the problem, and explained how dietary changes can make a significant difference in cholesterol levels. She said it is important to address the cause of the problem, rather than the symptom.
6. INFOTRAK 10/24/2021 5:40 AM - 8 MINS: Amanda Paluch, PhD, Physical Activity Epidemiologist at the University of Massachusetts, Amherst. Prof. Paluch led a study that found that walking at least 7,000 steps a day--about 3-4 miles--reduced middle-aged people's risk of premature death from all causes by 50% to 70%, compared to those who took fewer daily steps. She found that the 7000-10,000 step range was the "sweet spot," because walking more than 10,000 steps per day, or walking faster, did not further reduce the risk.
7. INFOTRAK 11/21/2021 5:40 AM - 9 MINS: Daniel Laroche, MD, glaucoma specialist, Director of Glaucoma Services and President of Advanced Eyecare of New York, Clinical Assistant Professor of Ophthalmology with the Icahn School of Medicine at Mount Sinai Medical Center. Dr. Laroche explained why a yearly eye exam is so critical. He outlined the most common symptoms of glaucoma, who is at greatest risk, and why people of color are in the highest risk category. He also discussed the latest treatment options to lower eye pressure and eliminate the need for medication.
8. INFOTRAK 11/28/2021 5:40 AM - 9 MINS: Robert Stern, Ph.D., Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, Director of the Clinical Core of the Boston University Alzheimer's Disease Center, Director of Clinical Research for the Boston University Chronic Traumatic Encephalopathy (CTE) Center. Dr. Stern led a study that found that athletes who began playing tackle football before the age of 12 had more behavioral and cognitive problems later in life than

those who started playing after they turned 12. He outlined the symptoms of CTE, and discussed the factors that parents should consider before allowing their child to participate in contact sports.

9. INFOTRAK 12/5/2021 5:30 AM - 9 MINS: Elliott Haut, MD, FACS, Associate Professor of Surgery and Anesthesiology & Critical Care Medicine, Johns Hopkins University School of Medicine. Dr. Haut led a study that found that victims of gunshots or stabbings taken to a trauma center by private vehicle were 62% less likely to die compared to victims transported by an ambulance or EMS vehicle. He talked about the possible reasons behind this finding. He also explained why it is so important for the average person to be taught how to use direct pressure to stop bleeding.
10. INFOTRAK 12/12/2021 5:30 AM - 9 MINS: Alison Gemmill, PhD, MPH, Assistant Professor in the Department of Population, Family and Reproductive Health at Johns Hopkins Bloomberg School of Public Health. 2020 saw the fewest babies born relative to the population of women between 15 and 44 of any year in American history. Prof. Gemmill discussed the most significant reasons behind the drop in US birthrates, the social effects a declining population may cause, and what steps in public policy may change the trend.

- E. Local Minnesota Issues (PROGRAM: MINNESOTA MATTERS 6 AM - 30 MINS)
1. October 3, 2021 - This week: DEA warns of spiked black market opioids, Blue Cross Blue Shield report on seniors and COVID, transportation innovations in MN, Part 2 with former Vikings linebacker Scott Studwell. Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm
  2. October 10, 2021 - This week: frontline worker aid, spotlight on social media/mental health of youngsters, Fire Safety Week, Gopher Men's hockey preview. Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm
  3. October 17, 2021 - This week: political ramifications of mass shooting in St. Paul/violent crime in the metro, October is Cooperative Month, Salvation Army giving season preview, Rochester author out with new book on the history of the MN Vikings. Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm
  4. October 24, 2021 - This week: Race for Governor heats up as Walz announces re-election bid, it's been a deadly year on MN roads, October is Bullying Prevention month, part 2 on a new book detailing the history of the MN Vikings . Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm
  5. October 31, 2021 - This week: Frontline worker pay stalls again at State Capitol/election day approaches, MN Nurses' Mary Turner on COVID impact, St Paul Winter Carnival's Queen of Snows, Gophers' lineman Axel Ruschmeyer. Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm
  6. November 7, 2021 - This week: election recap, food shelves prep for holidays, songwriting hall-of-famer and Grammy winner Rodney Crowell comes to the Twin Cities, PJ Fleck extends contract. Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm

7. November 14, 2021 - This week: COVID numbers surge, deer hunting season, Split Rock Lighthouse/Wreck of the Edmund Fitzgerald, Museum of Failure opens at the Mall of America. Hosts: Scott Peterson, Bill Werner, Tasha Redel, JW Cox
8. November 21, 2021 - This week: COVID/politics, MNsure open enrollment underway, new online tool helps connect Minnesotans in need with services, Bolder Options . Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm
9. November 26, 2021 - This week: Salvation Army/giving season update, cooking and fire safety for the holidays, dealing with drug addiction during the holidays, Gopher hoops' Payton Willis. Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm
10. December 5, 2021 - This week: Kim Potter trial, President Biden's MN visit, AIDS epidemic after 40 years, Twins' big deal with Byron Buxton. Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm
11. December 12, 2021 - This week: Potter trial update/MN Budget surplus, Dept of Corrections hiring push, Midwest Hemp Summit, comedian Laurie Kilmartin. Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mark Dorenkamp
12. December 19, 2021 - This week: Chauvin/Potter analysis with Hamline legal expert David Schultz, Salvation Army holiday campaign, MN tree growers ready for Christmas, Gopher WR Chris Autman-Bell. Hosts: Scott Peterson, Bill Werner, Tasha Redel, JW Cox, Mike Grimm
13. December 26, 2021 - This week: COVID, winter driving in MN, Ice fishing and snowmobile season with the DNR, Gopher swimmer Megan Van-Berkom. Hosts: Scott Peterson, Bill Werner, Tasha Redel, Mike Grimm

#### G. Consumer Issue

1. INFOTRAK 11/14/2021 5:30 AM - 8 MINS: Gary Zimmerman, founder and CEO of the web site MaxMyInterest.com. Today, the average US savings account pays 0.06 percent interest annually, an annual return of just \$6 in interest on a \$10,000 nest egg. Mr. Zimmerman's company aims to help consumers holding high amounts of cash automatically find the best available interest rate. He talked about the reasons behind rising inflation and the current economic conditions. He explained why banks are paying such low rates, and when the trend may change.
2. INFOTRAK 11/21/2021 5:30 AM - 9 MINS: Hua Cai, PhD, Associate Professor of Environmental and Ecological Engineering, and Industrial Engineering at Purdue University. Most consumers want to make food purchases that are smart for their wallets, their health and the environment. Prof. Cai led a study that examined grocery purchase records of over 57,000 U.S. households, finding that 71% of homes surveyed could decrease their food carbon footprint, via three simple changes in their shopping habits.
3. INFOTRAK 12/12/2021 5:40 AM - 8 MINS: Grant Donnelly, PhD, Assistant Professor of Marketing at The Ohio State University's Fisher College of Business. Several US cities have instituted taxes on drinks with added sugar, in order to reduce consumption. Prof. Donnelly led a study that examined

whether price tags that specifically mentioned the tax would change consumers' buying decisions. He said the tax falls harder on low-income consumers.

4. INFOTRAK 12/12/2021 5:50 AM - 5 MINS: Bree Fowler, Senior Security expert at CNET. An estimated \$63 billion in holiday packages will be delivered to homes this holiday season, and a recent survey found that 43% of Americans have had at least one package stolen from their porch. Ms. Fowler outlined simple steps online shoppers can take to deter porch pirates.
5. INFOTRAK 12/26/2021 5:30 AM - 9 MINS: Scott Galloway, PhD, Professor of Marketing in the Stern School of Business, New York University, author of "The Four: The Hidden DNA of Amazon, Apple, Facebook, and Google". Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Dr. Galloway discussed the concerns about allowing individual companies to have such dominance over American consumers and whether these companies are playing by the rules applied to other businesses.