



Quarterly Issues Programs List for Station KSTP-FM/KS95

July 1 – September 30, 2019 – 3rd Quarter

Placed in the Public File – October 2, 2019

Section I. Issues

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

- A. Public Safety
- B. Environment
- C. Health
- D. Mental Health
- E. Consumer Matters
- F. Parenting
- G. Education
- H. Workplace Matters

Section II. Responsive Programs

A. Public Safety

1. Minnesota Matters, July 28, 5:31-5:37 am. Discussed the new hands-free phone law that goes into effect in Minnesota on August 1st. Talked about what will be allowed and how to be in compliance with the new law.
2. InfoTrak, August 4, 5:25-5:30 am. Guest: Jason Forman, PhD, Principal Scientist at the Center for Applied Biomechanics at the University of Virginia. Dr. Forman led a study that concluded that women are 73 percent more likely to be injured in a car accident than men. Older people were also at greater risk of injury. He talked about the likely reasons behind this trend. He also said that all car occupants are now more than half as likely to sustain serious injuries in cars less than ten years old than in older cars.
3. Minnesota Matters, August 11, 5:32-5:45 am. Gun violence, gun laws and possible legislation were the topics.
4. Minnesota Matters, August 11, 5:45-5:51 am. Bias crimes have been on the rise. Talked about the statistics, possible causes and solutions. Also discussed police response and handling of bias crimes.

B. Environment

1. InfoTrak, August 18, 5:25-5:30 am. Guest: Julius McGee, PhD, Assistant Professor of Sociology in the College of Liberal Arts and Sciences at Portland State University. Efforts to replace fossil fuels with renewable energy sources can help lower carbon emissions. However, Prof. McGee led a recent study that found that renewable energy increases “energy inequality” for lower-income Americans because it costs more than energy produced by oil, coal and natural gas.
2. InfoTrak, August 25, 5:00-5:10 am. Guest: Will McCallum, Head of Oceans at Greenpeace UK, author of “How to Give Up Plastic: A Guide to Changing the World, One Plastic Bottle at a Time.” Humans produce over 300 million tons of plastic each year, with 12.7 million tons ending up in our oceans. Mr. McCallum discussed the major impact that plastic and microplastic waste has on marine life and the environment. He said it is not possible to recycle all of the plastics used in our everyday lives. He outlined small changes that anyone can make to reduce the amount of plastic waste in their home or community.

3. Minnesota Matters, September 8, 5:50-5:55 am. Discussed the conditions for pheasant hunting in Minnesota and how climate and conditions have an impact on the fall season.

C. Health

1. InfoTrak, July 7, 5:00-5:09 am. Guest: Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario. Dr. Gibala led a study that found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. He recommends the plan for occasionally busy days, not as a permanent substitute for longer and more moderate workouts. He said the findings put to rest the common excuse for not getting in shape: there is not enough time.

2. InfoTrak, July 14, 5:08-5:17 am. Guest: W. David Brown, PhD, DABSM, CBSM, Sleep Psychologist at Children's Medical Center, Dallas, co-author of "Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed." Many Americans believe that less sleep equals more productivity. But Dr. Brown said that sufficient sleep and success go hand in hand. He discussed the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance workplace performance.

3. InfoTrak, July 14, 5:18-5:25 am. Guest: Judith Prochaska, PhD, MPH, Associate Professor of Medicine, Stanford University School of Medicine. Dr. Prochaska was the lead author of a study comparing employment in smokers and nonsmokers. She found that after 12 months, smokers were less likely to have found a job than nonsmokers, and those who did earned less than nonsmokers. She explained the reasons that employers may be wary of hiring smokers and how they sometimes screen them out in the hiring process.

4. InfoTrak, July 28, 5:00-5:09 am. Guest: Tyler J. VanderWeele, PhD, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University. Those who attend church services on a regular basic may receive more than just spiritual benefits—they may live longer. Dr. VanderWeele led a study that found that women who went to church more than once a week had a 33% lower risk of dying, compared to those who never went. He talked about the potential reasons behind the finding. He said it is conceivable in the future that doctors routinely ask about church attendance during medical checkups.

5. InfoTrak, July 28, 5:20-5:26 am. Guest: Carl Cotman, PhD, Professor of Neurology and Neurobiology, Director of the Institute for Brain Aging and Dementia, University of California, Irvine. Dr. Cotman explained the results of new research into brain health for seniors. The study found that eating almonds,

engaging in exercise and participating in brain-stimulating activities can keep aging brain cells in shape. This may delay or prevent Alzheimer's disease.

6. KS95 Morning Show, July 30, 7:10-7:15 am. Guest: Sue Thesenga from the Red Cross. Talked about a shortage in the local blood supply. There is only a 3-day supply of blood available. Gave information on how listeners could donate blood and help with the shortage.

7. Minnesota Matters, September 15, 5:45-5:53 am. Addressed the issue of ovarian cancer and ovarian cancer awareness month. Discussed new developments in treatment and research.

8. Minnesota Matters, September 29, 5:31-5:36 am. Talked about the issues of affordable insulin and what legislation might be passed to help individuals who can't afford the insulin they need.

9. Minnesota Matters, September 29, 5:42-5:47 am. Discussed the health crisis of vaping and the connection of vaping to lung disease.

D. Mental Health

1. InfoTrak, July 7, 5:10-5:18 am. Guest: Chris Melde, PhD, Associate Professor and Director of Graduate Studies, School of Criminal Justice at Michigan State University. Dr. Melde was the co-author of a study of street gang membership. He found that depression and suicidal thoughts or attempts are common among youth who join gangs. He outlined the reasons that many troubled teens join gangs and why gang life causes already significant problems in their lives to become even worse.

2. InfoTrak, July 28, 5:10-5:19 am. Guest: Kostadin Kushlev, PhD, psychology research scientist, University of Virginia. Smartphones have become part of everyday life. Dr. Kushlev led a study that found that the increasingly pervasive use of digital technology may be causing ADHD-like symptoms even among the general population. He explained why being separated from a smartphone may cause people to experience distraction, difficulty focusing and getting bored easily when trying to focus.

3. InfoTrak, September 15, 5:09-5:17 am. Guest: Amy Serin, PhD, neuropsychologist, author of "The Stress Switch: The Truth About Stress and How to Short-Circuit It." Dr. Serin discussed the increasing levels of stress in today's everyday life, and the most common causes of it. She said excessive use of social media can trigger insecurities and depression. She said most of the

time, people aren't even aware that they are stressed. She outlined steps to take for stress relief.

E. Consumer Matters

1. InfoTrak, July 14, 5:00-5:07 am. Guest: Bart de Langhe, PhD, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder. Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe led a study that found that there is little correlation between better online user ratings and the quality of a product. He explained why consumer opinions often fail to agree with objective product research by consumer organizations.
2. InfoTrak, September 8, 5:08-5:17 am. Guest: Roy Ramthun, M.A., Founder and President of HSA Consulting Services and the web site AskMrHSA.com. Mr. Ramthun discussed the merits of Health Savings Accounts and how they compare to traditional insurance. He said more Americans should be willing to ask what a medical procedure or medication costs, then shop around to be sure they are not overpaying. He explained how to search for an HSA insurance policy and its companion savings account.
3. InfoTrak, September 15, 5:00-5:09 am. Guest: Frank Abagnale, former professional imposter, fraud prevention expert, consultant and lecturer for the FBI academy and field offices, author of "Scam Me If You Can: Simple Strategies to Outsmart Today's Rip-off Artists." Mr. Abagnale discussed the most common scams targeting American consumers. He said scams themselves have changed very little through the years, but the technology used to target victims has improved dramatically. He said millennials are scammed more often than seniors, but seniors typically lose more money. He offered advice for consumers to protect themselves from scammers.

F. Parenting

1. InfoTrak, July 14, 5:25-5:30 am. Guest: Chick Moorman, educator, co-author of "The 10 Commitments: Parenting with Purpose." Mr. Moorman talked about the verbal skills that parents should have to raise responsible and confident children. He offered tips on how parents can discipline their children in positive ways to create a culture of accountability.

2. InfoTrak, August 18, 5:00-5:09 am. Guest: Susan Frankel, Executive Director at National Runaway Safeline. Ms. Frankel discussed the increasing problem of runaway and homeless teenagers. She said 1 out of 30 youth ages 13-17 experience homelessness at some point each year, 4.2 million in all. She explained the reasons that young people leave and how they survive on the streets. She outlined the services that her organization offers to help.
3. InfoTrak, September 8, 5:00-5:07 am. Guest: Emily Oster, PhD, Professor of Economics at Brown University, author of "Cribsheet: A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool." An abundance of often-conflicting advice is usually hurled at new parents from doctors, family, friends, and strangers on the internet. Dr. Oster examined some of this standard advice, compared it to scientific research and found that the conventional wisdom is often wrong. She offered advice to help new moms and dads to be better and more relaxed parents.
4. InfoTrak, September 22, 5:25-5:30 am Guest: Rebecca Bigler, PhD, Professor Emeritx at the University of Texas at Austin. Prof. Bigler was part of a team of researchers that sought to learn more about the political development of the nation's children. The study found that children demonstrated a surprisingly high level of interest in and knowledge about the most recent presidential election and candidates, but many had gaps in their knowledge. She offered advice for parents to help their children learn more about civics and the election process, particularly heading into the next presidential election.
5. InfoTrak, September 29, 5:11-5:19 am. Guest: Bridget Freisthler, PhD, Professor of Social Work at Ohio State University. 54 percent of adults who use marijuana in the United States are parents. Prof. Freisthler led a study that found that parents who use marijuana utilize more discipline techniques on their children on average than non-users, ranging from timeouts to, in some cases, physical abuse. She found that the same was true of alcohol users. She said that with the growing acceptance of marijuana in American society, users need to be aware that the drug affects numerous forms of behavior, including parenting.
6. InfoTrak, September 29, 5:25-5:30 am. Guest: Tracy McCubbin, author of "Making Space, Clutter Free: The Last Book on Decluttering You'll Ever Need." Ms. McCubbin talked about the value of teaching organization skills to children during back to school time. She offered numerous tips for parents to clear the clutter as kids start the new school year, including how to decide what to donate or discard, and the importance of an organized desk.

G. Education

1. KS95 Morning Show, September 3, 6:40-6:36 am. Discussed back to school issues facing students, teachers and parents and how to plan for a successful school year.
2. KS95 Morning Show, September 13, September 20, September 27, 6:20-6:25. Talked to our "KS95 Teacher of the Week." Congratulated them on the award and talked about ways they are innovating in the world of education. Discussed needs of local students.
3. InfoTrak, September 15, 5:18-5:24 am. Guest: Hank Green, YouTube star and STEM education proponent. Jobs related to STEM – science, technology, engineering and mathematics – are expected to continue growing, but the United States doesn't have enough workers with the skills to fill those roles. Mr. Green explained why STEM skills are so important for the future workforce, and how parents can encourage their youngsters to pursue STEM careers.
4. InfoTrak, September 22, 5:00-5:09 am. Guest: Barbara Hemphill, founder of The Productive Environment Institute, former President of the National Association of Productivity & Organizing Professionals, author of the "Taming the Paper Tiger" book series by Kiplinger's, and the more recent book is "Less Clutter, More Life." A recent study found that business owners, executives and entrepreneurs waste 21.8 hours a week on everything from internet surfing to useless meetings. Ms. Hemphill said the biggest productivity black hole for anyone is e-mail. She outlined the reasons that people lose focus at work and steps they can take to be less distracted.
5. InfoTrak, September 29, 5:00-5:09 am. Guest: Caitlin M. Zaloom, PhD, Associate Professor of Social and Cultural Analysis at New York University. The average annual price tag for attending a private, four-year American college is now nearly \$50,000. Prof. Zaloom led a study that found that paying for college is taking a toll on middle-class families in ways that are more profound and less appreciated than even the financial cost conveys. She said that shouldering the weight of paying for college is often seen by parents as a moral obligation to their children.

H. Workplace Matters

1. InfoTrak, August 11, 5:07-5:17 am. Guest: Iris Bohnet, PhD, Professor of Public Policy, Behavioral Economist at Harvard University, Director of the Women and Public Policy Program, Co-Chair of the Behavioral Insights Group at the Kennedy School of Government, author of "What Works: Gender Equality by Design." Dr. Bohnet discussed gender equality in the workplace and why it's good business. She explained why diversity training programs have had limited success. She outlined the latest research into quick and often inexpensive ways that companies can address gender bias and improve performance.
2. InfoTrak, August 11, 5:25-5:30 am. Guest: Matthew J. Quade, PhD, Assistant Professor in the Department of Management at the Hankamer School of Business, Baylor University. Unethical behaviors by employees can tarnish an organization's reputation, lead to considerable monetary losses, and even result in legal prosecutions. Dr. Quade led a study that found that, in many cases, employees will tolerate misdeeds from a coworker who has the reputation of being a high performer. He believes companies need to take a hard look at how they prioritize performance over ethics.
3. InfoTrak, August 25, 5:10-5:17 am. Guest: Joanne Lara, M.A., autism expert, former special education teacher, Executive Director of the organization "Autism Works Now." Up to 85 percent of autistic adults are either unemployed or underemployed. Ms. Lara's organization teaches pre-employment and workplace readiness skills to young adults with autism. She outlined the challenges faced by autistic students, and she explained the role that parents, schools and employers play in helping them to secure meaningful employment.
4. InfoTrak, September 1, 5:24-5:30 am. Guest: Edward G. Brown, author of "The Time Bandit Solution: Recovering Stolen Time You Never Knew You Had." According to Mr. Brown, 40 to 60% of time at work is squandered by time bandits—co-workers who demand precious time without thinking. He offered suggestions on how to negotiate with time bandits to prevent unwanted, unnecessary and unproductive interruptions.
5. InfoTrak, September 22, 5:10-5:17 am. Guest: Barbara Hemphill, founder of The Productive Environment Institute, former President of the National Association of Productivity & Organizing Professionals, author of the "Taming the Paper Tiger" book series by Kiplinger's, and the more recent book is "Less Clutter, More Life." A recent study found that business owners, executives and entrepreneurs waste 21.8 hours a week on everything from internet surfing to useless meetings. Ms. Hemphill said the biggest productivity black hole for

anyone is e-mail. She outlined the reasons that people lose focus at work and steps they can take to be less distracted.

7/1/19 – 9/30/19 KSTP/KS95 aired 30-second public service announcements for Goodwill Industries, Literacy Matters, The Alzheimer's Association, Autism Awareness, Adoption, Meals on Wheels, Buzzed Driving Prevention and Distracted Driving Prevention.