



Quarterly Issues Programs List for Station KSTP-FM/KS95
October 1 – December 31, 2019 – 4th Quarter
Placed in the Public File – January 8, 2020

Section I. Issues

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

- A. Health
- B. Parenting
- C. Mental Health
- D. Environment
- E. Charity
- F. Education

Section II. Responsive Programs

A. Health

1. InfoTrak, October 6, 5:25-5:30 am. Guest: Louis Brown, PhD, Associate Professor of Health Promotion and Behavioral Sciences at the University of Texas UTHealth School of Public Health. Prof. Brown led a study that examined the effectiveness of an innovative strategy called “Teens Against Tobacco.” He found that the program was an effective strategy to deter tobacco use in middle and high school students, at least in the short-term. He plans future research to determine its long-term results.
2. Minnesota Matters, October 6, 5:40-5:45 am. Discussed the current state of health insurance rates in Minnesota.
3. InfoTrak, October 13, 5:24-5:31 am. Guest: Ellen Smit, PhD, Nutritional Epidemiologist, Associate Professor at Oregon State University College of Public Health and Human Sciences. Dr. Smit led a study that examined four barometers of whether someone's behavior could be considered healthy, and the results were dismal. She found that fewer than 3% of all Americans have a genuinely healthy lifestyle. She explained the importance of the four criteria and the health impacts of each.
4. InfoTrak, October 20, 5:25-5:30 am. Guest: Kathy Gatford, Ph.D., Senior Lecturer, Adelaide Medical School University, research group leader in the Robinson Research Institute in Australia. Prof. Gatford led a study that found that the more a baby weighs at birth, the higher the risk they will suffer from a childhood food allergy or eczema. Hay fever rates were the only allergy that was not connected to birth weight. She talked about the potential reasons and what expectant parents can learn from the study.
5. InfoTrak, November 24, 5:08-5:17 am. Guest: David Owen, author of “Volume Control: Hearing in a Deafening World.” Millions of Americans suffer from hearing loss, and in most cases, it begins in youth. Mr. Owen talked about the many health effects connected to hearing loss, including heart disease, diabetes, low birth weight, stress and cognitive decline. He talked about the most common everyday sounds that can gradually cause hearing loss, and why people avoid admitting they need a hearing aid or other help.
6. InfoTrak, December 1, 5:00-5:08 am. Guest: Anthony G. Comuzzie, PhD, obesity researcher and scientist with the Department of Genetics at the Texas Biomedical Research Institute in San Antonio. Recent government data shows that since the late 1980s and early 1990s, the average American has put on 15 or more additional pounds without getting any taller. Dr. Comuzzie explained why

this is such a grave health concern. He also discussed potential causes and solutions to the nation's epidemic of obesity.

7. Infotrak, December 15, 5:00-5:08 am. Guest: Steven Woolf, MD, Director Emeritus of the Center on Society and Health at Virginia Commonwealth University. Dr. Woolf led a study that found that mortality rates have increased in 48 states since 2010. He said the Rust Belt and Appalachia have seen some of the most dramatic increases in death rates for Americans, ages 25 to 64. He believes that, while the opioid epidemic is a major factor, the decades-long economic decline and loss of manufacturing jobs for the middle class may be one of the deeper root causes.

B. Parenting

1. InfoTrak, October 13, 5:01-5:09 am. Guest: Laura M. Bogart, PhD, Senior Behavioral Scientist at the RAND Corporation, a nonprofit research organization that develops solutions to public policy challenges. Dr. Bogart directed a five-week obesity prevention program for seventh grade students that helped obese students lose an average of nine pounds over the following two-year period. She outlined the methods that were most effective, which included school-wide environmental changes and encouragement to eat healthy school cafeteria foods, along with a student-led education and marketing campaign.
2. InfoTrak, November 3, 5:09-5:18 am. Guest: Rachel Voth Schrag, PhD, domestic violence expert, Assistant Professor in the School of Social Work at The University of Texas at Arlington. Prof. Voth Schrag outlined the results of her study into an overlooked form of psychological abuse—educational sabotage. She explained that educational sabotage is a form of coercive control intended to prevent the victim from furthering their education. She said this form of abuse has a significant impact on the victim's ability to complete their education and eventually affects their economic independence and safety.
3. InfoTrak, October 27, 5:25-5:30 am. Guest: Melissa Stormont, PhD, Professor of Special Education, University of Missouri College of Education. Prof. Stormont led a study that found that a very simple readiness test can predict kindergarteners' success in school after 18 months. She said identifying students early in the academic year who may need additional support can allow teachers and parents more time to build essential academic

and social behavioral skills. She outlined steps that parents can take to prepare their children for kindergarten.

C. Mental Health

1. InfoTrak, October 20, 5:01-5:09 am. Guest: John Snook, Executive Director of the Treatment Advocacy Center, a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness. Mr. Snook discussed the increasing rates of homelessness across the country. He said that most of the chronically homeless have a serious mental illness and usually a co-occurring substance abuse problem. He said while affordable housing is also an important contributor to the problem, the main issue is that those who are in need of serious medical treatment of mental illness are not getting it. He said many cities and states have failed to amend their laws relating the mentally ill to keep up with the medical research.
2. InfoTrak, October 27, 5:10-5:18 am. Guest: Kenneth P. Rosenberg, MD, Distinguished Fellow of the American Psychiatric Association with a private practice in Manhattan, Clinical Associate Professor of Psychiatry at the New York-Presbyterian/Weill Cornell Medical Center, author of "Bedlam: An Intimate Journey Into America's Mental Health Crisis." Dr. Rosenberg discussed the ineffective way that America handles the mentally ill. He said while those with serious mental illness were once treated in mental institutions and asylums, now they end up on the streets and in prisons. He said those with serious mental illness die an average of 28 years earlier than other Americans. He talked about potential reforms and the importance of initiating a national conversation about the problem.
3. InfoTrak, November 10, 5:00-5:09 am. Guest: Michael Lindsey, PhD, Executive Director of the McSilver Institute for Poverty Policy and Research at New York University. Dr. Lindsey was the lead author of a study that found that suicide attempts are rising among black teens in the U.S., even as they fall among youth from other groups. He said researchers are puzzled as to why traditional precursors to suicide attempts like thinking about or planning a suicide are decreasing while actual attempts are going up. He outlined the specific

challenges faced by black youth that may be a factor in the trend. He believes mental health counselors must be much more available in schools.

4. Minnesota Matters, November 24, 5:44-5:48 am. Talked about ways to manage holiday stress.
5. InfoTrak, December 1, 5:25-5:30 am. Guest: James Kingsland, Science Production Editor of the London newspaper "The Guardian," author of "Siddhartha's Brain: Unlocking the Ancient Science of Enlightenment." Mr. Kingsland discussed the latest research by leading neuroscientists and clinical psychologists that suggests that mindfulness practice reconfigures the brain. He said meditation can make people healthier and happier, and that it can help treat stress, chronic pain, hypertension and substance abuse
6. InfoTrak, December 8, 5:24-5:29 am. Guest: Jan E. Stets, PhD, Professor of Sociology at the University of California, Riverside. Cheating to get ahead is likely to reduce your level of happiness, according to Dr. Stets' research. In her study, participants were given the opportunity to cheat to get ahead. The 30% who cheated were more likely to report a reduction in happiness, once they considered that others would not see them as moral persons.

D. Environment

1. Minnesota Matters, October 13, 5:36-5:41 am. Discussed Fire Prevention Week.
2. InfoTrak, November 3, 5:25-5:30 am. Guest: Massimiliano Delferro, Ph.D., Chemist, Group Leader Catalysis Science Program, Chemical Sciences and Engineering Division, at the U.S. Department of Energy's Argonne National Laboratory. Today, Americans throw away over three-quarters of plastics after one-time use. Dr. Delferro led a team that developed a chemical recycling method for converting some discarded plastics into higher quality products, for eventual use in everyday products like detergents and cosmetics. He said while the catalyst still needs further development, his results look very promising and the technology is 5-10 years from being viable from an economic standpoint.
3. InfoTrak, November 17, 5:12-5:20 am. Guest: Brent Sohngen, PhD, Professor of Environmental and Resource Economics in the Department of Agricultural,

Environmental and Development Economics at Ohio State University. Prof. Sohngen led a study that found that while cutting down trees inevitably leads to more carbon in the environment, deforestation's contributions to climate change are vastly overestimated. He said previous estimates overestimated the impact because they did not account for the replanting and management of global forests over the last 70 years.

4. InfoTrak, December 8, 5:10-5:17 am. Guest: Brian Roe, PhD, McCormick Professor of Agricultural Marketing and Policy at Ohio State University. American consumers throw away about 80 billion pounds of food a year. Dr. Roe led a study that examined Americans' attitudes and misconceptions about food waste. He said many consumers think they have good reasons to throw food away, but those perceived benefits are often not real. He noted that food waste is the largest source of municipal solid waste in the U.S. and the most destructive type of household waste in terms of greenhouse gas emissions.

5. InfoTrak, December 29, 5:09-5:18 am. Guest: Tomas Hult, PhD, Byington Endowed Chair and Professor of Marketing in the Eli Broad College of Business, Director of the International Business Center at Michigan State University. From recycling to reusing hotel towels, consumers who participate in a company's "green" program are more satisfied with its service, according to Dr. Holt's research. He explained the reasons behind these feelings, and the surprising way consumer decisions are affected when companies offer additional participation incentives.

E. Charity

1. KS95, December 14, 5:30 am – 6:00 pm. Aired the KS95 for Kids radiothon in place of regular programming. Told the stories of children battling cancer and physical disabilities while raising money for Gillette Children's Specialty Healthcare and Children's Cancer Research Fund.

2. InfoTrak, December 15, 5:25-5:30 am. Guest: Jamie Amelio, philanthropist, entrepreneur, author of "Staying Bothered: Find Your Passion, Commit to Action, Change the World." Ms. Amelio explained how every person is capable of affecting real positive change in their communities and around the world if they find one thing that bothers them, then take action to fix it. She shared her own story of a vacation to Cambodia in 2003 that turned into a ground-breaking educational non-profit called Caring for Cambodia.

3. Minnesota Matters, December 1, 5:33-5:37 am. Talked about the local Salvation Army Kettle Campaign. Discussed what is needed and what the money will benefit.

F. Education

1. KS95 Morning Show, October 4, October 11, October 18, October 25, November 1, November 8, November 15, November 22, December 6. 6:20-6:25 am. 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.
2. InfoTrak, October 20, 5:09-5:18 am. Guest: Jo Boaler, PhD, Professor of Education and Equity at Stanford University, Faculty Director of youcubed—an education resource that has reached over 230 million students, co-author of "Limitless Mind: Learn, Lead, and Live Without Barriers." Prof. Boaler discussed the latest research into neuroplasticity, the science that examines how the human brain is constantly growing and changing. She said whenever a student is struggling, that is the best time for brain growth. She said the brain is highly adaptable and that anyone can learn anything at any age, although learning does take longer as we age.
3. InfoTrak, November 17, 5:01-5:10 am. Guest: Michael Itzkowitz, Senior Fellow at Third Way, a think tank in Washington, DC. More than 80% of freshmen students say they pursued higher education "to be able to get a better job." Mr. Itzkowitz led a study that found that half of the country's schools in 2018 left the majority of their former students earning less than \$28,000 a year, which is what the typical high school graduate makes. He said that all kinds of colleges led to underwhelming salaries, but for-profit schools typically performed the worst. He offered advice for parents and students.
4. InfoTrak, November 24, 5:25-5:30 am Guest: Robert Wilson, PhD, Assistant Professor of Psychology and Cognitive Science, Arizona State University. Educational scholars have long recognized that there is something of a "sweet spot" when it comes to learning. Prof. Wilson led a study using artificial intelligence that determined the sweet spot is when failure occurs 15% of the time. Put another way, it's when the right answer is given 85% of the time. He explained what parents and teachers can learn from the study.
5. InfoTrak, December 1, 5:10-5:19 am. Guest: Doug Lamov, literacy and education expert, Managing Director of Uncommon Schools' Teach Like a

Champion team, co-author of “Reading Reconsidered: A Practical Guide to Rigorous Literacy Instruction.” Mr. Lamov discussed the importance of teaching students to read with precision, rigor, and insight. He explained how Common Core curriculums are affecting reading programs across the country. He believes that most students are not given challenging enough assignments. He also offered suggestions for parents who want to instill a love of reading in their children.

6. InfoTrak, December 15, 5:11-5:18. Guest: Teru Clavel, global education consultant, author of “World Class: One Mother’s Journey Halfway Around the Globe in Search of the Best Education for Her Children.” Students in Asia consistently rank among the best in the world. Ms. Clavel spent a decade living in Asia, with her three children attending public schools in Hong Kong, Shanghai and Japan, before returning to the US. She explained how the American education system has much to learn from its Asian counterparts. She believes that local funding of schools in the US should be replaced by a national education budget, because under the current system, wealthy communities provide a much better education than lower-income communities.

10/1/19 – 12/30/19 KSTP/KS95 aired 30-second public service announcements for the Minnesota National Guard, The Alzheimer’s Association, The Think Great Foundation, Goodwill Industries, Literacy Matters, Autism Awareness, Adoption, Meals on Wheels, heart Disease Prevention, Buzzed Driving Prevention and Distracted Driving Prevention.