



Quarterly Issues Programs List for Station KSTP-FM/KS95  
St. Paul, MN  
January 1, 2023 – March 31, 2023 – 1st Quarter  
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**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 1/8/23 5:12 AM - 8 Mins:** Bryan Caplan, PhD, Professor of Economics at George Mason University, blogger for EconLog, author of “The Case against Education: Why the Education System Is a Waste of Time and Money”. Although it is immensely popular--and immensely lucrative--Dr. Caplan believes that higher education is grossly overrated. He said that decades of growing access to education have not resulted in better jobs for the average worker, but instead in runaway credential inflation. He is in favor of serious cuts in government education funding to curb this wasteful rat race, along with a renewed emphasis on vocational education.
2. **INFOTRAK 2/19/23 5:00 AM - 9 Mins:** Andrew Smith, PhD, cognitive psychologist and Assistant Professor at Iowa State University. Some studies claim that 4-6% of those in US prisons are not guilty of the crime for which they were convicted. Prof. Smith and his team of researchers developed a new procedure to capture more information from eyewitnesses during police investigations and better detect a suspect's guilt or innocence. He explained how the innovation improves the reliability of police lineups.
3. **INFOTRAK 3/5/23 5:12 AM - 8 Mins:** Elisa Villanueva Beard, CEO of Teach For America, a nonprofit organization dedicated to improving educational outcomes for low-income students. Villanueva Beard outlined the mission of her organization, and explained why it is so important to recruit college graduates from top universities around the United States to serve as teachers in urban and rural schools. She talked about the biggest obstacles in recruiting quality teachers and how interested students can apply to be a part of Teach For America.
4. **INFOTRAK 3/19/23 5:00 AM - 17 Mins:** Pamela Gockley, Certified Bullying Prevention Specialist, Founder and Executive Director of The Camel Project, a non-profit organization focused on deconstructing the culture of bullying in America. 1 in 5 students report being bullied at school. However, Ms. Gockley said the CDC believes 50 to 75% of bullying incidents are never reported. She discussed the culture of bullying in America, how parents can protect their children from it, and how parents of bullies can recognize the behavior in their own child and address it. Brock L. Eide M.D., M.A., learning disabilities expert, co-author of “The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain” Dyslexia has traditionally been defined as a reading and spelling disorder. But Dr. Eide said recent research has proven that these challenges are not dyslexia’s main features. He explained how these characteristics are actually trade-offs resulting from an entirely different pattern of brain organization and information processing and that it has powerful advantages.

## B. Mental Health

1. **INFOTRAK 1/29/23 5:00 AM - 9 Mins:** Lauren Fleshman, one of the most decorated American distance runners of all time, winner of five NCAA championships at Stanford University and two national championships as a professional, author of “Good for A Girl: A Woman Running in a Man's World”. Girls drop out of organized sports at twice the rate of boys at age 14, and half have quit by 17. Sixty-five percent develop disordered eating habits that compromise their ease around food, sometimes irreparably. Ms. Fleshman talked about emerging research on the physiology and psychology of young athletes, and what coaches and parents should know. She outlined changes in organized sports to empower and encourage young women to join and stay.
2. **INFOTRAK 1/29/23 5:12 AM - 8 Mins:** Chris Bailey, productivity expert, author of “How to Calm Your Mind: Finding Presence and Productivity in Anxious Times“. Mr. Bailey shared the inspiration to write his book--a panic attack he had onstage in front of an audience of over 100. He outlined simple steps he took in the moment and in the long-term to conquer burnout, and explained how he gradually restored calm and tranquility to his life. He talked about sources of hidden stress buried within our days, often activities and people that we voluntarily subject ourselves to.
3. **INFOTRAK 2/19/23 5:12 AM - 8 Mins:** Andrew McDiarmid, Senior Fellow at the Discovery Institute, a non-profit, non-partisan organization focused on research, education, action, and cultural renewal. A recent study reported in the Journal of Experimental Psychology suggests that the act of “just thinking” can be more rewarding than we might realize. Mr. McDiarmid outlined the study’s findings and explained why Americans should resist the urge to pull out their phones so frequently and spent some time just thinking, instead.
4. **INFOTRAK 2/26/23 5:12 AM - 17 Mins:** Shevaun Neupert, PhD, Professor of Psychology at North Carolina State University. Prof. Neupert wrote a report that analyzed two new studies that found that young adults who utilize preemptive stress-reduction steps that focus on the future are better able to avoid negative health outcomes. She talked about the most effective proactive techniques, and where young adults should be taught how to deal with stress. Angie Morgan Witkowski, Leadership and Career Coach, author of “Bet on You: How to Win with Risk”. Ms. Witkowski outlined the most common misconceptions about risk and why people should be much more comfortable making decisions in the face of uncertainty. She talked about the reasons that fear and failure are such important components in taking risks in business, career and life.

5. **INFOTRAK 3/26/23 5:12 AM - 8 Mins:** Deepa L. Sekhar, MD, Associate Professor of Pediatrics at the Penn State College of Medicine, Executive Director of Penn State PRO Wellness. Suicide death rates have increased significantly among adolescents in the U.S. in recent years. Dr. Sekhar said while children are typically screened for health, vision and hearing problems in school, mental health screening has not been standardized in school settings. She led a study that evaluated the effectiveness of a school-based, adolescent suicide risk screening and found that it successfully identified at-risk adolescents and increased initiation of mental health services. She explained how the screening works and the reasons some schools or parents may be reluctant to give it a chance.

C. Workplace Matters and Careers

1. **INFOTRAK 1/15/23 5:00 AM - 9 Mins:** Todd Spencer, President of the Owner-Operator Independent Drivers Association. Trucking is critical to virtually every aspect of the US economy. Mr. Spencer talked about the biggest challenges faced by truck drivers. He said drivers often spend 30% of their work week being detained by inefficiencies in the supply chain, waiting for shippers and receivers. He discussed the lack of adequate training of new truckers. He also talked about road congestion and needed improvements in the nation's highway system to better accommodate trucks.
2. **INFOTRAK 2/12/23 5:00 AM - 17 Mins:** Ismail Karabas, PhD, Marketing Professor at Murray State University. Tipping for food at the end of a dining experience has traditionally been the norm at full-service restaurants. Prof. Karabas shared his research into a new trend: tip requests at businesses where customers order at the counter, pay for their items before getting their food, and receive minimal-to-no service. He explained the reasons behind the change. He found that some consumers are so annoyed by the requests that they take their business elsewhere. Dan Martell, entrepreneur, productivity expert, author of "Buy Back Your Time: Get Unstuck, Reclaim Your Freedom, and Build Your Empire" Mr. Martell shared his story of a traumatic childhood and arrest as a teenager, which amazingly led to an interest in software coding and entrepreneurship. He offered suggestions for entrepreneurs to value and use time more productively. He also offered advice to avoid burnout.
3. **INFOTRAK 3/26/23 5:00 AM - 9 Mins:** Juliet B. Schor, PhD, Professor of Sociology, Boston College. The four-day week is becoming more of a reality in the contemporary workplace, and Prof. Schor co-authored a landmark international study of the trend. She said the vast majority of companies that tried the shorter workweek for the study stuck with it afterwards. She talked about the benefits that result from a 32-hour workweek, both for employees and companies.

#### D. Personal Health

1. **INFOTRAK 1/8/23 5:00 AM - 9 Mins:** Jacquelyn C. Campbell, PHD, RN, FAAN, expert on domestic violence, violence against women and intimate partner violence, Professor and the Anna D. Wolf Chair at the Johns Hopkins School of Nursing, National Program Director for the Robert Wood Johnson Foundation's Nurse Faculty Scholars Program. Dr. Campbell developed the Danger Assessment, a groundbreaking questionnaire designed to assess a woman's risk of being killed by an abusive partner. She talked about recent updates to the tool that address concerns for immigrant women and same-sex partners. She said it's helpful for an abused woman to document for herself how often abuse is happening, levels of abuse and other patterns.
2. **INFOTRAK 1/15/23 5:12 AM - 9 Mins:** Natasha Slesnick, PhD, Professor of Human Development and Family Science in the Department of Human Sciences, and EHE Associate Dean for Research and Administration at Ohio State University. Prof. Slesnick led a study that suggests that giving some homeless mothers with young children a place to live may do little to help them if it is not combined with support services. She outlined the most significant challenges faced by homeless mothers and their children.
3. **INFOTRAK 1/22/23 5:00 AM - 17 Mins:** Nora Volkow, MD, Director of the National Institute on Drug Abuse, part of the National Institutes of Health. Fentanyl overdoses are the leading cause of death for Americans ages 18 to 49, more than car accidents or suicides. On average, one person dies of a fentanyl overdose in the United States every seven minutes, and the number of Americans killed by the drug has jumped 94 percent since 2019. Dr. Volkow discussed why the problem has skyrocketed and what steps the federal government is taking to address it. She said that, while the epidemic was worse in certain rural areas of the US in past years, the problem has now overwhelmed every city and state. She talked about the importance of education and treatment programs, and also explained why fentanyl is a particularly troubling issue for pregnant women.
4. **INFOTRAK 2/5/23 5:12 AM - 8 Mins:** Joel Kahn, MD, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC, author of "The Whole Heart Solution". According to Dr. Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease.
5. **INFOTRAK 3/12/23 5:00 AM - 9 Mins:** Yvette M. Miller, MD, Executive Medical Officer for the American Red Cross Donor and Client Support Center, helping to lead the Red Cross' national Sickle Cell Initiative. Sickle cell disease is the most common genetic blood disorder in the US, and regular blood transfusions are critical to manage extreme pain and life-threatening complications. Dr. Miller discussed Red Cross efforts to promote diversity in the blood supply, increase donor recruitment and retention in the black community to support the transfusion needs of patients with sickle cell disease.

E. Local Minnesota Issues (MINNESOTA MATTERS 5:30AM - 30 MINS)

1. **1-8-23** Walz Inaugural, Legislative session Begins – Bill Werner COVID 19, Dr. Michael Osterholm – Brian Deroy Minnesota TV and Film Board, Legislative Priorities - Brent Palm Ice Safety – DNR's Nicole Biagi – Tasha Redel
2. **1-15-23** Abortion Rights Push, Fairview/Sanford Merger Hearing 1 – Bill Werner Diabetes and Children – Mayo's Dr. Andrew Storm - Brent Palm
3. Holiday DWI Campaign Wraps Up – Mike Hanson, Office of Traffic Safety – Tasha Redel Gopher Quarterback Tanner Morgan, Bowl Game – Mike Grimm
4. **1-22-23** Abortion Rights Bill Moves Forward, Fairview Sanford Meger Hearing 2 Hospital discharge troubles, Rahul Koranne, CEO Minnesota Hospital Association – Brent Palm New Tommies Arena, St. Thomas Athletic Director Phil Esten – Mike Grimm Holiday Credit Card Debt, Kim Miller, LSS Financial Counseling – Tasha Redel
5. **1-29-23** Walz Budget, Gun Bills, Bonding Proposal, Fairview/Sanford Hearing 3 – Bill Werner MN State System Economic Impact, Nicole Parker of Parker Phillips Consulting Firm – Brent Palm MN Teacher Shortage Expands, Denise Specht Education MN President – Tasha Redel MPLS Preview Big 10 Women's Basketball Tourney – Mike Grimm
6. **2-5-23** Abortion Bill Signed into Law, Omar Removal from House Foreign Affairs Committee – Bill Werner Ag, Rural Broadband – Committee Chair Aric Putnam – Brent Palm Family and Paid Medical Leave , Senator Tina Smith – Tasha Redel Gopher Basketball Player Parker Fox on overcoming injuries – Mike Grimm
7. **2-12-23** State of the Union Address, Carbon Free Bill Signed, Durenberger Memorial – Bill Werner. DPS Awards Bus Stop Arm Camera Grants, Mike Hanson Office of Traffic Safety – Brent Palm. Hospital Price Transparency, Patients Rights Advocate. Org - Cynthia Fischer – Tasha Redel. Gopher Football Assistant Coach Winston DeLattiboudere – Returning to Alma Mater – Mike Grimm
8. **2-19-23** Legislative Update, Pence in Minnesota – Bill Werner. Gopher Basketball Coach Ben Johnson, Michigan State School Shooting – Mike Grimm. DNR Eagle Program Celebrating 10 years, Wildlife Officer Lori Naumann – Brent Palm. Finding a credible tax preparer, Bao Vang Better Business Bureau – Tasha Redel
9. **2-26-23** Senate debates felon voting bill as major snowstorm shuts down MN – Bill Werner. FDA Approves Over-the-Counter Naloxone, Dr. Alta DeRoo – Hazelden Betty Ford – Brent Palm. Leading Age Minnesota Series – Shortages in long-term-health care centers – Blois Olson. Natural Resources Sciences Building Initiative, U of M's Brian Buhr, Dean of College of Food and Agriculture and Natural Resources. Part 1 – Mark Dorenkamp

10. **3-5-23** New Budget Forecast, Republicans Push for tax cuts – Bill Werner. New Minnesota State Fair GM, Renee Alexander – Brent Palm. Natural Resources Sciences Building Initiative, U of M's Brian Buhr, Dean of College of Food and Agriculture and Natural Resources. Part 2 – Mark Dorenkamp. Leading Age Minnesota Series – Shortages in long-term-health care centers – Blois Olson
11. **3-12-23** Walz signs undocumented immigrant driver's license bill, two former governors at Fairview/Sanford merger hearing. – Bill Werner. Colorectal Cancer Awareness month, Mayo's Dr. Andrew Storm – Brent Palm. Leading Age Minnesota Series – Shortages in long-term-health care centers – Blois Olson. Family Caregiver Numbers on the Rise, AARP Cathy McLeer – Tasha Redel
12. **3-19-32** Bonding Fails in Senate, Walz signs school meals for All bill – Bill Werner. Gambling Awareness Month, Susan Sheridan Tucker, MN Gambling Alliance – Brent Palm. Leading Age Minnesota Series – Shortages in long-term-health care centers – Blois Olson. 988 Suicide Hotline Update, Cre Larson First Call for Help – Tasha Redel
13. **3-26-23** Walz and Democrats agree on budget targets, Little Free Library, abortion "shield law" – Bill Werner. State officials prep for Avian Influenza, Shauna Voss, MN Board of Animal Health – Brent Palm. Leading Age Minnesota Series – Shortages in long-term-health care centers – Blois Olson. Minnesota Lottery Community Champion – Anna Waugh, Mississippi Park Connection

#### F. Consumer Issue

1. **INFOTRAK 2/5/23 5:00 AM - 9 Mins:** Alvin E. Roth, PhD, Craig and Susan McCaw Professor of Economics at Stanford University, Gund Professor of Economics and Business Administration Emeritus at Harvard University, author of "Who Gets What — and Why: The New Economics of Matchmaking and Market Design". Dr. Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.
2. **INFOTRAK 3/5/23 5:00 AM - 9 Mins:** Lauryn Williams, Certified Financial Planner, founder of Worth Winning, a company that helps young professionals organize their finances. A recent Fidelity survey found that half of Gen Zers say they don't see a point in saving money until things return to 'normal.' Ms. Williams said young people may be seeking some sort of control, in the face of runaway inflation and economic uncertainty. She said many Gen Zers are choosing to invest in themselves and their professional growth, such as starting their own businesses or furthering their education. She explained why it is critical to start early to build retirement savings.

3. **INFOTRAK 3/12/23 5:12 AM - 9 Mins:** Candy Valentino, finance and wealth advisor, author of “Wealth Habits: Six Ordinary Steps to Achieve Extraordinary Financial Freedom”. Ms. Valentino believes that turbulent financial times are often historic opportunities to invest more in real estate and the financial markets. She outlined six steps to grow wealth. She explained why owning real estate or a small business are her favorite investment vehicles. She conducted a study that found 75% of wealthy people had one thing in common: either they or their family owned a business.