



Quarterly Issues Programs List for Station KSTP-FM/KS95
St. Paul, MN

October 1, 2023 – December 31, 2023 – 4th Quarter
Placed in the Public File – Jan 8th, 2023

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 10/1/23 5:00 AM - 10 Mins:** Timothy W. Fong, MD, Clinical Professor of Psychiatry at the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Director of the UCLA Addiction Psychiatry Consultation Service, Co-Director of the UCLA Gambling Studies Program. In just five years, legalized sports betting has swept the nation, now embraced as a revenue source by at least 37 states. Dr. Fong discussed gambling addiction, who is most at risk and how to recognize it, particularly in teenagers. Some well-known universities have signed deals with sportsbooks or casinos to advertise on campus, in athletic venues and in some cases, directly in students' university email inboxes. He offered advice for parents to prevent the start of addictive behavior in their teens.
2. **INFOTRAK 10/15/23 5:00 AM - 9 Mins:** Devin Mann, MD, Professor in the Departments of Medicine and Population Health at NYU Grossman School of Medicine. Dr. Mann led a study of healthcare consumers that found that most of ChatGPT's responses to people's healthcare-related queries are nearly indistinguishable from those provided by human physicians. He believes the AI chatbots will be great tools for healthcare providers to communicate with patients, improve quality of care and reduce misdiagnoses and errors.
3. **INFOTRAK 10/15/23 5:11 AM - 8 Mins:** Gary Painter, PhD, Academic Director of the Carl H. Lindner College of Business real estate program, Professor of Real Estate at the University of Cincinnati. Prof. Painter shared his research that Americans who pay more than 30% of their income toward rent are forced to make trade-offs in other areas of their lives that can last for years and contribute to many social ills. He said while some trade-offs, such as buying less clothing, might not have severe long-term consequences, some rent-burdened residents reported cutting back on medicine and other health care that could have cascading effects.

B. Mental Health

1. **INFOTRAK 10/15/23 5:20 AM - 5 Mins:** Jim Lorraine, military veteran, President of America's Warrior Partnership. Mr. Lorraine said the suicide rate of military veterans is roughly twice that of the general population, and is often spurred by more than just post-traumatic stress syndrome or depression. He said underemployment, irregular housing and other economic issues also play a large role in suicidal behavior. He talked about the resources that are available to veterans. He said that risk factors for veterans at risk of suicide vary significantly from one state to another, and his organization helps to identify the differences and develop strategies to help.
2. **INFOTRAK 10/22/23 5:25 AM - 5 Mins:** Shahab Haghayegh, PhD, Research Fellow at the Brigham and Harvard Medical School Getting enough sleep has never been more difficult. Prof. Haghayegh shared his research that found that women who struggled with getting enough sleep were at greater risk of developing hypertension, or high blood pressure. He said hypertension and sleep disorders are becoming increasingly prevalent among American adults.

He also noted that, while his study only included women, it's likely the findings apply to men, as well.

3. **INFOTRAK 11/5/23 5:00 AM - 9 Mins:** Ivan Misner PhD, founder of BNI, the world's largest business networking organization, author of "The 3rd Paradigm: A Radical Shift to Greater Success" Mr. Misner discussed effective ways to complain at work. He explained the importance for businesses to take deliberate actions to be sure their staff is heard. He said scheduling regular "complaining meetings" can change the entire mood of the workplace, and lead to innovation and new ideas.

C. Workplace Matters and Careers

1. **INFOTRAK 10/22/23 5:00 AM - 9 Mins:** Adia Harvey Wingfield, PhD, sociologist, Mary Tileston Hemenway Professor of Arts & Sciences and Vice Dean for Faculty Development and Diversity at Washington University in St. Louis, author of "Gray Areas: How the Way We Work Perpetuates Racism and What We Can Do to Fix It" While explicit discrimination no longer occurs and organizations make internal and public pledges to honor and achieve diversity, black employees remain less likely to be hired, stall out at middle levels, and rarely progress to senior leadership positions. Prof. Wingfield discussed what she calls "gray areas:" the relationships, networks, and cultural dynamics that exist apart from specific expectations and duties required for any given job. She offered suggestions to address the problem.
2. **INFOTRAK 11/12/23 5:10 AM - 9 Mins:** Chris Bailey, productivity expert, author of "Hyperfocus: How to Be More Productive in a World of Distraction" Mr. Bailey said that the human brain has two powerful modes that can be unlocked when we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly, and work and live more deliberately every day. He explained how to minimize distractions that can cause problems at work and in personal relationships.
3. **INFOTRAK 11/19/23 5:00 AM - 9 Mins:** Adrienne Lawrence, former ESPN anchor and legal analyst, author of "Staying in the Game: The Playbook for Beating Workplace Sexual Harassment" Ms. Lawrence explained how most companies mishandle sexual harassment cases and why. She also discussed the mental health consequences faced by those who report sexual harassment and how to deal with it. She talked about the impact of the MeToo# movement and what she sees as the future of dealing with sexual harassment as a society.

D. Personal Health

1. **INFOTRAK 10/1/23 5:12 AM - 7 Mins:** Lee Newman, MD, MA, Distinguished Professor in the Department of Environmental & Occupational Health and Department of Epidemiology at the University of Colorado, Director of the Colorado School of Public Health's Center for Health, Work, and Environment. Today, the average American lives just 76 years, the shortest lifespan the country has seen since 1996. Dr. Newman talked about growing

data that suggests that employers can dramatically affect the quality—and perhaps even length—of an employee’s life. A recent report by Deloitte claimed life span could increase by an average of 12 years, and the number of years a person spends in good health by 19 years by 2040, if employers not only made sure their employees are safe on the job, but also addressed their health and well-being in other less traditional ways.

2. **INFOTRAK 10/1/23 5:20 AM - 5 Mins:** Baia Lasky, MD, board-certified physician in Blood Banking and Transfusion Medicine, Medical Director of the American Red Cross of Georgia. Dr. Lasky explained how several natural disasters this summer have contributed to a national blood shortage that could have far-reaching effects across America. She said the national blood supply has fallen by nearly 25%. She explained why the problem is so serious and how a first-time blood donor can get started.
3. **INFOTRAK 10/22/23 5:10 AM - 9 Mins:** Lisa Damour, PhD, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University, author of “The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents,” co-host of the Ask Lisa podcast Dr. Damour offered advice for parents to understand their teenagers’ intense and often fraught emotional lives—and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, and offered tips to help teenagers maintain or regain emotional control

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

1. October 8th, 2023 MN-DOT plans to replace Blatnik Bridge in Duluth/Superior - Engineer Pat Huston (Bill Werner) Kari Dziedzic (DFL), MN Senate Majority Leader, \$330M Investment Into MN Childcare Industry (Ashley Walker) Anoka Social District program, Anoka Community Development Director Doug Borgland (Brent Palm) Veteran Deaths by Suicide on the Rise, Kristi Stites, Minnesota Department of Veterans Affairs (Tasha Redel)
2. October 15th, 2023 Broadway Musical Girl From the North Country, Actor Jay Russell from Minnetonka, (Brent Palm) Mike Bryant, Local Defense Attorney, Legal Expert, Backlog of Sexual Assault Cases in MN (Brent Palm) Gopher basketball coach Ben Johnson previews the upcoming season (Mike Grimm) Bullying Prevention Month, Julie Hertzog executive director of Pacer National Bullying Prevention Center (Tasha Redel)
3. October 22nd, 2023 HWY 35 cannabis project in Grand Rapids, MN investment partner John Hydeuke, (Brent Palm) US House speaker/Emmer, Justice Amy Coney Barrett visit/protests, Israel/Gaza - various guests and sound clips (Bill Werner) Minnesota Non-Profits Rebounding Following COVID, Kari Anestad Minnesota Council of Nonprofits (Tasha Redel)
4. October 29th, 2023 Medicare open enrollment - Brian Eck, Vice President of Sales at UCare in Minneapolis, and Joe Fering, financial advisor (Bill Werner) Tribes work to combat CWD on reservations, U of M College of Veterinary Medicine Professor Tiffany Wolf, (Brent Palm) Travis Gienger,

Anoka County Technical College Horticulture Teacher, World's Biggest Pumpkin (Ashley Walker)

5. November 5th, 2023 Biden visits MN farm, MN Supreme Court hears oral arguments on a petition to keep Trump off 2024 ballot - various guests and sound clips (Bill Werner) Office of Cannabis Management rules and regs, Office of Cannabis Management interim director Charlene Briner (Brent Palm) Firearms Deer Season Opener, DNR Commissioner Sara Strommen (Tasha Redel) Gopher football brothers Tyler and Jordan Nubin on their big week against Michigan State (Mike Grimm)
6. November 12th, 2023 Veterans Day Ceremony, Interim Veterans Affairs Commissioner Brad Lindsay (Brent Palm) Mid-term election highlights, MN Supreme Court denies petition in Trump ballot case - various guests and sound clips (Bill Werner) Give to the Max Day 2023, Jenna Ray GiveMN (Tasha Redel) Gopher golf coach Justin Smith on former Gopher winning a PGA event in honor of another former teammate who is dying from cancer (Mike Grimm)
7. November 19th, 2023 "Toward Zero Deaths" conference - Mike Hanson, director of the state Office of Traffic Safety (Bill Werner) Minnesota First District Congressman Brad Finstad on Farm Bill voting (Mark Dorenkamp) New Eagle Cam season, DNR Wildlife information officer Lori Naumann (Brent Palm) Minnesota Chamber Annual Business Outlook, Beth Kadoun Minnesota Chamber (Jake Griffith)
8. November 26th, 2023 Christmas season begins, Minnesota Christmas Tree Association VP John Krueger, (Brent Palm) Mindful Tips and Tricks for Holiday Eating, Dr. Mary Jo Kreitzer, Director of the University of Minnesota's Bakken Center for Spirituality and Healing, (Ashley Walker) Rosalynn Carter memorial - various guests and sound clips (Bill Werner)

F. Consumer Issue

1. **INFOTRAK 11/5/23 5:10 AM - 8 Mins:** Rachel Cruze, personal finance expert, author of "Know Yourself, Know Your Money: Discover WHY You Handle Money the Way You Do, and WHAT to Do About It!" 40% of Americans during the pandemic could not cover a \$400 emergency in cash. Ms. Cruze explained the psychology that influences how we spend and save money, and how to change those ingrained habits.
2. **INFOTRAK 11/12/23 5:00 AM - 8 Mins:** Tom Appel, Publisher of Consumer Guide Automotive, co-host of the Consumer Guide Car Stuff podcast 7.9% of cars sold in the US in the third quarter of 2023 were electric vehicles. Mr. Appel outlined what consumers need to know about the three levels of EV charging currently available, and the pluses and minuses of each.
3. **INFOTRAK 12/3/23 5:00 AM - 8 Mins:** Laurence J. Kotlikoff, PhD, Professor of Economics and William Warren Fairfield Professor at Boston University, former Senior Economist on the President's Council of Economic Advisers, coauthor of "Social Security Horror Stories: Protect Yourself From the System & Avoid Clawbacks" Prof. Kotlikoff explained the problem of Social Security clawbacks. He said each year more than a million unsuspecting Americans

receive letters from the Social Security Administration, demanding repayment of thousands of dollars of overpaid benefits, due to SSA mistakes that occurred sometimes decades earlier. He shared examples of elderly people who suffered from clawbacks, and proposed reforms to stop them.