



2nd Quarter 2018, April 1 – June 30
Issue/Program List for KSTP-FM/KS95
Placed in the Public File July 3, 2018

Date: 4.1.18

Program: InfoTrak

Time: 5:00-5:30 am

Guest: John R. Baker, PhD, Professor of Political Science at Wittenberg University, author of "Government in the Twilight Zone: Volunteers to Small-City Boards and Commissions"

Issues Covered: Citizenship, Government Policies. 97 percent of all American cities have a population fewer than 50,000 and Dr. Baker studies the workings of these smaller local governments. He discussed how local board systems operate, who the board members are and what motivates them to serve. He explained why it is important for citizens to understand how government functions, even in small towns.

Guest: Lennard J. Davis, PhD, Professor in the English Department in the School of Arts and Sciences at the University of Illinois at Chicago, Professor of Disability and Human Development in the School of Applied Health Sciences of the University of Illinois at Chicago, Professor of Medical Education in the College of Medicine, author of "Enabling Acts: The Hidden Story of How the Americans with Disabilities Act Gave the Largest US Minority Its Rights"

Issues Covered: Disabilities, Civil Rights, Government Policies. Disabled Americans are the largest minority group in the country. Dr. Davis believes the Americans with Disabilities Act (ADA) is the widest-ranging and most comprehensive piece of civil rights legislation in history. He explained the unusual path the law took to passage, some of the challenges in implementing it and the enormous impact of the ADA, 25 years after its adoption. He also outlined several potential reforms which he believes could improve it.

Guest: Michael A. Fischer, MD, MS, Instructor in Medicine at Harvard Medical School, Associate Physician at the Division of Pharmacoepidemiology and Pharmacoeconomics at Brigham and Women's Hospital in Boston

Issues Covered: Personal Health, Medical Issues. Dr. Fischer led a study that found that many people whose doctors start them on medications for conditions like diabetes and high blood pressure may never fill those prescriptions. He explained the reasons behind this problem and how doctors and patients can improve communication.

Date: 4.1.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Susanna Blumenthal, Professor of Law at the University of Minnesota

Issue Covered: Consciousness and Responsibility in the Law. How did conceptions of consciousness and personhood shape the American legal system? Professor Susanna Blumenthal discusses her book "Law and the Modern Mind: Consciousness and Responsibility in American Legal Culture," which was awarded the 2017 Merle Curti Award for the best book published in American intellectual history. Professor Blumenthal traces the history of how American courts decided cases surrounding issues of mental soundness. Influenced by Enlightenment philosophy and science of the mind, jurists in post-revolutionary America developed a kind of "default legal person" in which to judge moral responsibility.

While the issue of insanity and law is most often thought of in the context of a murder trial, Blumenthal looked at how jurists argued over the definition of insanity in more common civil law cases and disputes over contracts and property.

Dates: 4/1 – 5/2

Program: KS95 Afternoon Show, K995 Morning Show, KS95 Mid-Day Show, KS95 Night Show

Issues Covered: Health, Cancer Research, Charity. Aired 100 announcements in this time period talking about KS95's Team Moon and Staci to raise money for the Susan G. Komen Foundation. Talked about cancer research and how to get involved.

Dates: 4.6.18, 4.13.18, 4.20.18, 4.27.18, 5.4.18, 5.11.18

Program: KS95 Morning Show

Times: 6:30-6:35 am

Issue Covered: Education. We talked to and honored our KS95 Teacher of the week. Discussed current educational needs of students and how teachers can make an impact in their lives.

Date: 4.8.18

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Mark J. Perry, Ph.D., Scholar at The American Enterprise Institute, Professor of Finance and Business Economics in the School of Management at the University of Michigan-Flint, creator and editor of the popular economics blog Carpe Diem

Issues Covered: Personal Finance, Retirement Planning. Dr. Perry discussed a recent report from S&P Dow Jones that noted that in the past 15 years, only 5% of actively managed mutual funds performed better than index funds. He said index funds have become much more popular in recent years. He explained why nearly half of investors still gravitate to managed funds.

Guest: Ned Johnson, education expert, founder of PrepMatters, a tutoring service in Washington, DC, co-author of “The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives”

Issues Covered: Parenting, Mental Health, Education. In the past few years, Mr. Johnson and his co-author found that high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. He believes the best antidote to stress is to give kids a greater sense of control over their lives, while still maintaining authority as parents. He discussed several ways that parents can give children of all ages a healthy dose of self determination and control.

Guest: Kate Genovese, author of “Hat Tricks From Heaven: The Story of an Athlete in His Own Prison of Addiction”

Issues Covered: Substance Abuse, Parenting. Every year, thousands of injured student athletes are prescribed opioids, and many will become addicted. Mrs. Genovese shared the story of her son, who became an opioid addict after six surgeries for hockey-related injuries, and died of an overdose at age 30. She discussed struggles faced by parents of an adult addict, and the help that is available to them.

Date: 4.8.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Dr. Jerrold Vitek is the Head of the Neurology Department and the Director of the Neuromodulation Research Program at the University of

Minnesota, and Dr. Michael Park is an Assistant Professor in the Department of Neurosurgery and a MnDRIVE Neuromodulation Scholar also at the University of Minnesota. They discuss their research on Deep Brain Stimulation.

Issue Covered: Research on Deep Brain Stimulation. What is Deep Brain Stimulation; The different researchers and departments involved in DBS; (2:24) How the surgery is performed; History of DBS; Reactions caused by the stimulations; Parkinson's patients

Date: 4.15.18

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Angela C. Santomero, M.A., co-creator of the educational children's TV program "Blue's Clues," author of "Preschool Clues: Raising Smart, Inspired, and Engaged Kids in a Screen-Filled World"

Issues Covered: Parenting, Education, Media. Ms. Santomero explained why healthy, research-based television programs and other media actually help preschoolers flourish academically, socially, and emotionally. She outlined the ways that parents can evaluate and monitor their child's exposure to a rapidly expanding array of media choices.

Guest: Jason Fung, MD, weight loss and diabetes expert, author of "The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally"

Issues Covered: Diabetes, Nutrition. Nearly ten percent of all Americans have some form of diabetes. Dr. Fung talked about the causes behind this epidemic and the wide array of dangerous conditions it spurs. He also explained how dietary changes and weight loss can often eliminate the disease.

Guest: Bob Gardner, Executive Director of the National Federation of State High School Associations

Issues Covered: Substance Abuse, Parenting. Youth sports programs across the nation are experiencing shortages of referees. Mr. Gardner said 80% of high school officials quit before their third year, and the average age of referees is climbing, now in the mid 50s. He said the primary reason behind this trend is abusive behavior by parents. He talked about the rewards of working as a sports official and explained how someone can volunteer.

Date: 4.15.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: David McGee, Founder and Executive Director of Build Wealth Minnesota, a Minneapolis-based 501(c)3 non-profit

Issue Covered: Fixing Chronic Debt. How families amass thousands of dollars of debt; Types of debt that are the most difficult to resolve; Consumerism; Focusing on 'social wealth' instead of consumer wealth; How Build Wealth MN works with families to control and pay down debts.

Date: 4.22.18

Program: InfoTrak

Time: 5:00-6:00 am

Guest: Sally Helgesen, women's leadership consultant and speaker, author of "How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job"

Issues Covered: Women's Issues, Career, Sexual Harassment. Ms. Helgesen believes that women face specific and different roadblocks from men as they seek to advance in the workplace. She discussed the most common errors made by women, and what they can do to get proper credit for their achievements at work. She also discussed how the #MeToo movement has affected job opportunities for women.

Guest: Sara Goldrick-Rab, PhD, Professor of Higher Education Policy and Sociology at Temple University

Issues Covered: Poverty, Homelessness, Education. Prof. Goldrick-Rab was the lead author of study that found that 36 percent of students at 66 surveyed colleges and universities do not get enough to eat, and a similar number lack a secure place to live. She said skyrocketing college tuition and other fees, inadequate aid packages and growing enrollment among low-income students are some of the factors. She outlined several policy changes that could help.

Guest: Anupam Jena, MD, PhD, Ruth L. Newhouse Associate Professor of Health Care Policy at Harvard Medical School, physician in the Department of Medicine at Massachusetts General Hospital, Faculty Research Fellow at the National Bureau of Economic Research Policy

Issues Covered: Personal Health, Aging. It's an age-old axiom, but is joint pain, back pain or just a feeling in your bones a reliable predictor of rainy weather? Dr. Jena led a study that examined the question and he found no relationship between rainfall and aches or pains.

Date: 4.22.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Special Agent in Charge Dan Moren and Diversion Group Supervisor Jack Henderson from the Minneapolis-St. Paul DEA District Office.

Issue Covered: Prescription Drug Abuse Prevention. National drug take back initiatives, the disposal of prescription drugs, the rise of heroin use and its connection to opiate-based prescription drugs.

Date: 4.29.18

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Cary Funk, Associate Director of Research at Pew Research Center

Issues Covered: Education, Science, Citizenship. A survey by the Pew Research Center found that Americans' grasp of common science topics could be better. She outlined the results of the survey, including differences between genders, ages and education levels. She explained why a basic understanding of scientific principles is important for Americans to understand many of today's civic issues.

Guest: Julie Lythcott-Haims, former Dean of Freshmen and Undergraduate Advising at Stanford University, author of "How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success"

Issues Covered: Parenting. Ms. Lythcott-Haims believes that overparenting is out of control in America, and that it harms children, their stressed-out parents, and society at large. She explained how parents can allow children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

Guest: Karina Davidson, PhD, researcher and clinical psychologist at Columbia University Medical Center in New York

Issues Covered: Personal Health, Mental Health. Dr. Davidson led a 10-year study that found that happiness may prevent a heart attack.

She explained the science behind this finding and suggested ways that people can improve their outlook to improve their health.

Date: 4.29.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: William D. Green, Professor of History, Augsburg College, discusses his new book, "Degrees of Freedom: The Origins of Civil Rights in Minnesota, 1865-1912"

Issue Covered: The Origins of Civil Rights in Minnesota. The years 1865-1912 and the significance of those years for black Minnesotans; Jim Thompson's extraordinary experience and life in MN; The three sections of the book: The Barbers, The Entrepreneurs and The Radicals. The birth of the NAACP and its connections to St. Paul; The research process for "Degrees of Freedom" and the difficulty of finding sources on the lives of black Minnesotans; The concept of MN Nice and how it played a role in race relations; Freedom vs opportunity; The disconnect between freedom and opportunity that is still present in today's society

Date: 5.6.18

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Philip Pauli, Policy and Practice Director of RespectAbility, a nonprofit organization dedicated to empowerment and self-advocacy for individuals with disabilities

Issues Covered: Disabilities, Government Regulation. Mr. Pauli said nearly 1 in 5 Americans live with some form of disability. He discussed some of the challenges they face, and explained how the Americans with Disabilities Act has improved many aspects of their lives. He also talked about the role that the media plays in perceptions of the disabled, and how technology improvements have improved mobility for many disabled people.

Guest: Natasha Ravinand, author of "Girls With Dreams: Inspiring Girls to Code and Create in the New Generation"

Issues Covered: Women's Issues, Minority Concerns, Education/STEM. Only 29% of all science and engineering workers are female, and far fewer are minorities. Natasha Ravinand is a high school junior with a passion for STEM (Science, Technology, Engineering, and Math), who is striving to close the gender gap in tech. She talked about the reasons that girls lose interest in STEM subjects, and why the inclusion of women and minorities in technical workplaces is so important.

Guest: John Schwartz, reporter at The New York Times, author of "This is the Year I Put My Financial Life in Order"

Issues Covered: Retirement Planning, Senior Citizens. Mr. Schwartz talked about the reasons that Americans tend to procrastinate when it comes to their finances. He outlined simple changes consumers can make to simplify their financial accounts, particularly retirement savings. He also explained how to do a self-checkup of health insurance coverage.

Date: 5.6.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Ellie McCann, educator and Associate Professor with the University of Minnesota extension service's "Parents Forever" program

Issue Covered: Parents Forever: Helping Parents Deal with the Stresses of Divorce. Common issues divorced parents struggle with; How 'Parents Forever' helps parents manage shared parenthood; Why the program is so necessary and effective; Tips for divorced parents.

Date: 5.13.18

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Marc Morial, President of the National Urban League

Issues Covered: Minority Concerns, Workplace Diversity, Civic Engagement. Mr. Morial discussed the contents of the Urban League's 2018 State of Black America report. He said African-Americans are among the top owners of mobile devices, but aren't being fairly considered for jobs at social media and technology companies. He also talked about improving unemployment rates and growing civic engagement among African-Americans.

Guest: Stanford Chihuri, MPH, Biostatistician/Data Analyst, Epidemiologist at Columbia University College of Physicians and Surgeons

Issues Covered: Substance Abuse, Traffic Safety. Mr. Chihuri was the co-author of a study that found evidence of prescription opioids in fatal car crashes in the United States has increased 700% in the past two decades. He said women drivers and those over age 65 were more likely to be involved in opioid-related fatal crashes. The study also found significant numbers of drivers under the influence of opioids also had alcohol and other drugs in their systems.

Guest: Tina Ambrozy, Senior Vice President, Nationwide Financial

Issues Covered: Retirement Planning, Senior Citizens. Ms. Ambrozy outlined the results of a survey that found that Americans are overly optimistic about how much they will receive from Social Security once they retire. The survey found that half of current retirees and 42% of future retirees say Social Security "is or will be" their "primary source" of retirement income. She offered suggestions for those who are saving for retirement.

Date: 5.13.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Special Agent in Charge Dan Moren and Diversion Group Supervisor Jack Henderson from the Minneapolis-St. Paul DEA District Office.

Issue Covered: Prescription Drug Abuse Prevention. Prescription drug abuse, National Drug Take-back Initiatives, the disposal of prescription drugs, the rise of heroin use and its connection to opiate-based prescription drugs.

Date: 5.20.18

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Lorenzo Cohen, PhD, Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and Director of the Integrative Medicine Program at the University of Texas MD Anderson Cancer Center in Houston, co-author of "Anti Cancer Living"

Issues Covered: Cancer Prevention, Personal Health. Cancer remains one of the leading causes of death worldwide, and within the next 20 years, the number of new cancer cases is expected to increase by 70 percent. Dr. Cohen believes that if Americans focused on social and emotional support, stress management, sleep, exercise, diet, and minimizing exposure to environmental toxins, 50 to 70 percent of cancers could be prevented.

Guest: András Tilcsik, PhD, Canada Research Chair in Strategy, Organizations, and Society, and Associate Professor of Strategic Management at the University of Toronto's Rotman School of Management, author of "Meltdown: Why Our Systems Fail and What We Can Do About It"

Issues Covered: Disaster Preparedness, Diversity, Government Regulation, Transportation. From train derailments and massive oil spills to bankruptcies and medical errors, system failures are all too common -- and they're becoming more frequent. Dr. Tilcsik explained the common denominator in these system meltdowns. He believes that the increasing complexity and lack of slack in our systems create conditions ripe for failure and corruption. He also explained why diversity in design teams is crucial in preventing serious failures.

Guest: Jas Booth, veteran, Founder of Final Salute, Inc, a non-profit organization that assists female veterans and their children who are struggling with homelessness.

Issues Covered: Homelessness, Veterans' Concerns, Domestic Violence. Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets, especially those with children. She said her organization

has helped more than 5,000 women veterans who are homeless or in domestic violence situations.

Date: 5.20.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Joseph Redden, professor of marketing and logistics at the University of Minnesota's Carlson School of Management.

Issue Covered: The fallacy of willpower and complexities of overeating. Satiation (adj.): To feel full or satisfied. Satiation and why some individuals are better able to manage food cravings than others. The fallacy of willpower in regards to overeating. Future U of M research in contribution to NASA's Mars Mission.

Date: 5.27.18

Program: InfoTrak

Time: 5:00-5:30

Guest: Norman Bates, attorney, expert on the prevention of sexual violence against children, co-author of "Preventing Child Sexual Abuse in Youth-Serving Organizations: Guidelines for Managers and Parents"

Issues Covered: Sexual Abuse, Youth At Risk, Parenting. Many parents will soon send their children off to summer camp, scouting events and sports activities. But without proper safeguards in place, these environments can provide opportunities for sexual misconduct and abuse to occur. Mr. Bates outlined the abuse prevention policies that youth-serving organizations need to implement, and the questions parents must ask to ensure that they are.

Guest: Paul Sullivan, NY Times financial columnist, author of "The Thin Green Line: The Money Secrets of the Super Wealthy"

Issues Covered: Personal Finance, Consumer Matters. Mr. Sullivan explained why some people, even "rich" people, never find true wealth, and why other people, even those who have far less are much wealthier. He offered tips on how middle-class consumers can make better financial decisions, and come to terms with what money truly means. He said changing how Americans think about wealth can lead more secure and less stressful lives.

Guest: Maggie Cary, National Board Certified Teacher, teacher with more than 20 years of experience, founder of ClassroomTalk.com

Issues Covered: Education, Personal Finance. Ms. Cary said parents of high school students can save thousands of dollars in college costs if their child takes Advanced Placement courses in high school. She explained who is eligible for the classes and how prospective students can determine if a college accepts the credits. She also outlined other benefits for students who have completed AP courses.

Date: 5.27.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Aaron Halfaker, Ph.D. student in the University of Minnesota's College of Science and Engineering and lead author of a new study, "The Rise and Decline of an Open Collaboration System: How Wikipedia's reaction to popularity is causing its decline"

Issue Covered: Is Wikipedia's Reaction to Popularity Causing Its Decline?

Wikipedia's explosion in popularity and subsequent measures to control quality; Who is editing Wikipedia and why; How editors handle controversies and debates on topics.

Date: 6.3.18

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Denise Pope, Senior Lecturer, Co-Founder, Challenge Success at Stanford University Graduate, co-author of "Overloaded and Underprepared"
Issues Covered: Education, Parenting. Dr. Pope explained why parents and teachers should be concerned that many of America's students are stressed out or have given up. She outlined steps that schools can take to provide kids with academic, social and emotional skills needed to succeed in school now and as adults later. She talked about the Challenge Success program at Stanford and how the program is customized for each school in which it is applied.

Guest: Brooks Palmer, professional organizer, author of "Clutter Busting: Letting Go of What's Holding You Back" and "Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others"

Issues Covered: Personal Productivity, Workplace Matters, Mental Health. Most Americans struggle with clutter and disorganization. Mr. Palmer talked about the emotionally suffocating effects of clutter and why people have problems letting go

of items they no longer need or use. He offered suggestions for how to get started and how to look at items in a different way to assess whether they are worth keeping.

Guest: Kevin Haley, Director of Product Management for Symantec Security Response

Issues Covered: Crime, Privacy, Workplace Matters. Today's smartphones hold a wealth of personal, financial and work-related data that thieves would love to get their hands on. So what happens when a phone is lost or stolen? Mr. Haley led a research project that intentionally lost 50 phones to see what data was accessed by the finder and whether the phones would be returned to their owners. The results were disconcerting. Mr. Haley offered advice for phone owners to protect their data.

Date: 6.3.18

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: David Nietzel, Vector Borne Disease Epidemiologist, Minnesota Department of Health; Jim Cotner, Professor of Ecology, University of Minnesota

Issue Covered: Summer Wilderness Safety. Tick threats in Minnesota; How the warm weather affects tick activity; What to do if you're bitten; What diseases can be contracted. What people should be wary of in Minnesota lakes; Whether it is important to shower after swimming in Minnesota lakes; How fertilizer is affecting lake health; How to swim in a river

Date: 6.10.18

Program: InfoTrak

Time: 5:00-5:30

Guest: Erin E. Murphy, expert on DNA and forensic evidence, Professor of Law at New York University

Issues Covered: Privacy Concerns, Criminal Justice, Legal. Ms. Murphy discussed the privacy and legal concerns raised by the Golden State Killer case, in which a notorious serial killer was captured via DNA submitted to a publically available genealogy website. She noted that that the type of DNA testing used by genealogy sites is a much broader and more powerful tool than the version permitted in criminal justice databases. She also discussed recent advances that will make DNA testing much faster and even more useful to law enforcement.

Guest: David Ballard, PhD, Director of the American Psychological Association's Center for Organizational Excellence

Issues Covered: Sexual Harassment, Women's Concerns, Workplace Matters. The #MeToo movement has gripped the nation for months, but a recent study from the American Psychological Association found that in its aftermath, corporations have taken weak steps, at best, to prevent sexual harassment and inappropriate conduct. He said most policy and training changes have been aimed at limiting the liability of the company, rather than to effect real change. He found that organizations with women in senior leadership roles were much more likely to have taken new steps to prevent harassment and to encourage employees to report it.

Guest: Julie Jason, award-winning financial columnist, author of "Retire Securely"
Issues Covered: Retirement Planning, Personal Finance. Ms. Jason talked about the best ways to start to save for retirement, even for those struggling with student debt. She said it is critical to start young, because of the power of compounding. She also discussed common financial scams that consumers should be alert to.

Date: 6.10.18

Program: Minnesota Matters

Time: 5:30-6:00 am

Issues Covered: Local elections and politics, International issues, charity, health. Discussed upcoming political races and issues candidates will face. Talked about Minnesotans doing relief work in Guatemala and the issues people of that country are facing. Gave information on an upcoming local charity golf tournament that will raise money for cancer research.

Date: 6.17.18

Program: InfoTrak

Time: 5:00-5:30 am

Guest: 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
Issues Covered: Domestic Violence, Women's Concerns. 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.

Guest: 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"

Issues Covered: Education, Career, Government Spending. 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.

Guest: Cyrus Farivar, Senior Business Editor at Ars Technica, author of "Habeas Data: Privacy vs. the Rise of Surveillance Tech"

Issues Covered: Constitutional Rights, Privacy. Mr. Farivar discussed how judges and activists have thought about privacy and surveillance in America in recent decades. He believes that laws need to be updated to address advances in surveillance technology, such as the mass use of license plate readers and facial recognition software.

Date: 6.17.18

Program: Minnesota Matters

Time: 5:30-6:00 am

Guest: a doctor from Park Nicollet

Issues Covered: local politics, mental health, children's issues, local events.

Discussed an upcoming President Trump Visit. Talked about suicide awareness and mental health and warning signs and how to help. Talked about keeping kids off the screens of windows and not falling through and getting hurt.

Highlighted upcoming summer Special Olympics.

Date: 6.24.18

Program: InfoTrak

Time: 5:00-5:30

Guest: John Hooker, PhD, T. Jerome Holleran Professor of Business Ethics and Social Responsibility, and Professor of Operations Research, at Carnegie Mellon University, author of "Taking Ethics Seriously: Why Ethics Is an Essential Tool for the Modern Workplace"

Issues Covered: Ethics, Workplace, Career, #MeToo. Dr. Hooker discussed common ethical dilemmas that occur in workplace environments, and how employers and employees should react. He explained how the advent of social media and the #MeToo movement has affected ethical decisions in the workplace. He listed factors that an employee should weigh before risking their job by blowing the whistle on misconduct.

Guest: W. Chris Winter, MD, board-certified and internationally recognized sleep medicine specialist, board certified neurologist, author of "The Sleep Solution: Why Your Sleep is Broken and How to Fix It,"

Issues Covered: Personal Health. Dr. Winter said the state of sleep in America is better than typically portrayed in the media, but he also noted it has gotten slightly worse because of all of the distractions available today. He said shift workers are at greatest risk of sleep related health issues. He suggested that people should try to wake up at the same time every day, even if their bedtime varies.

Guest: Evan Rufrano, leader of the winning team from State University of New York College at Old Westbury, which recently won the sixth annual Up to Us Campus Competition

Issues Covered: National Debt, Citizenship. Mr. Rufrano's team won a competition intended to raise awareness among Millennials about the \$21 trillion national debt. He explained why such a massive national debt is so dangerous for his generation, no matter what their political leanings. He outlined ways that younger people can make their voices heard by politicians and others in decision-making positions.

Date: 6.24.18

Program: Minnesota Matters

Time: 5:30-6:00 am

Issues Covered: Politics, sports in our community, the environment, local events. Talked about President Trump's visit to Minnesota, the latest on the Enbridge pipeline controversy and the potential impact on the environment, the new Minnesota Vikings training facility in Eagan and new foods that will debut at this year's Minnesota State Fair.