



1st Quarter 2014 Issue/Program List for KSTP-FM/KS95

Date: 1.3.14, 1.10.14, 1.17.14, 1.24.14, 1.31.14, 2.7.14, 2.14.14, 2.21.14,
2.28.14, 3.7.14, 3.21.14, 3.28.14

Program: KS95 Morning Show

Time: 6:19-6:23 a.m.

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: 1.5.14

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Marlene Targ Brill, childhood development and education expert and author of "Raising Smart Kids for Dummies"

Issues Covered: Parenting issues, education, children's issues, family. Ms. Brill talked about simple steps that parents can take to raise well-rounded kids and help them to become academic achievers.

Guest: Ken Druck, PhD, psychologist and founder of the Families Helping Families program, has worked with families at Columbine and Santana High Schools and at other sites of tragedy

Issues Covered: Violence, education, children's issues, family. Dr. Druck talked about the ongoing epidemic of school shootings and other violence, and its possible causes. He also discussed the safety issues every parent needs to discuss with their children and how to do it.

Guest: Kimberly Thompson, Creator and Director, Kids Risk Project at Harvard University and Co-Founder and Director of Research, Center on Media and Child Health, Children's Hospital in Boston, and Kevin Haninger, a doctoral student at Harvard

Issues Covered: Parenting issues, youth at risk, consumer issues. Professor Thompson and Mr. Haninger discussed their study that found that 48 percent of video games rated for teenagers have more sex, violence, substance abuse and

gambling than is described on the game box. They gave tips for concerned parents on how to make sure the game their teen is buying is within the boundaries parents set.

Date: 1.5.14

Program: Access Minnesota

Time: 6:00-6:30 am

Guests: Theresa Nesbitt, President of the Minnesota Council for Affordable and Rural Housing, and Regional Manager at MetroPlains Management

Issues Covered: Minnesota's Affordable Housing Crisis. What is "affordable" housing?; How demand for affordable housing is far exceeding supply; What government programs could be expanded to ease the crisis.

Date: 1.12.14

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Phil Gaddis, President, Executive Search at the Addison Group, a Chicago-based provider of professional staffing and search services
Issues Covered: Employment. Recent statistics show that the average American changes careers seven times. Mr. Gaddis explained why the turnover has increased so rapidly in recent decades, and offered advice for people who are considering a career change.

Guest: Lance LoRusso, Atlanta-based attorney, former law enforcement officer, author of "When Cops Kill: The Aftermath of a Critical Incident"

Issues Covered: Police and crime, violence, legal matters. Mr. LoRusso said police officers are well-trained on when and how to use their weapons, but are ill-prepared for what to do in the aftermath. He explained how the investigation of a police shooting differs significantly from one involving a civilian. He estimated that 75% of officers involved in a deadly force incident are the target of a civil lawsuit, whether the shooting was justified or not.

Guest: Jonathan T. Jefferson, PhD, school administrator, author of "Mugamore: Succeeding without Labels—Lessons for Educators"

Issues Covered: Education, youth at risk. Dr. Jefferson said he believes that today's education system needs to change the way it handles problem students. He said zero tolerance policies and the application of labels to students who have behavioral or learning disorders causes many of them to be left behind. He believes that schools personnel need to exercise more patience with immature students to give them time to grow into productive students.

Date: 1.12.14

Program: Access Minnesota

Guest: Rep. Paul Thissen (DFL-District 61B), Speaker of the Minnesota House;
Rep. Mary Liz Holberg (R-District 58A), Ranking Member of the House Ways and
Means Committee

Issues Covered: Reforming Minnesota's State Boards and Commissions. How
and why Minnesota developed so many boards and commissions; What kind of
reforms are practical; Why reform is so difficult; Prospects for change.

Date: 1.19.14

Program InfoTrak

Time: 5:30-6:00 am

Guest: Dara Feldman, award-winning teacher, Director of Educational Initiatives
for The Virtues Project, author of "The Heart of Education"

Issues Covered: Education, parenting. Ms. Feldman noted that 50 percent of
new teachers get burned out in their first five years on the job and end up leaving
the profession. She explained why this is such a costly problem and how it
damages our nation's education system. She offered suggestions for concerned
parents who would like to help and encourage stressed-out teachers.

Guest: Sheldon Krantz, Distinguished Visiting Professor of Law at the University
of Maryland Carey School of Law, former dean of the University of San Diego
Law School, former law professor at the Boston University Law School, former
federal prosecutor, author of "The Legal Profession: What Is Wrong and How to
Fix It"

Issues Covered: Legal matters, poverty, government policies. Mr. Krantz said
legal services should be available to every American, whether they can afford it
or not. He said attorneys do not provide nearly enough pro bono services. He
said many of today's law students would be willing to work in the public interest,
but are often mired down in student debt. He would like to see loan forgiveness
programs or other new initiatives that would enable young lawyers to help lower-
income litigants.

Guest: Brenda Shields, M.S., research coordinator, Center for Injury Research
and Policy, Columbus Children's Hospital in Ohio

Issues Covered: Personal health, children, parenting. Ms. Shields discussed a
recent study into the increasing dangers for young people involved in
cheerleading. Her research found that emergency room visits are becoming
much more common as cheerleading routines have added complex gymnastic
moves. She outlined the questions that parents should ask, to be sure coaches
are properly qualified.

Date: 1.19.14

Program: Access Minnesota

Guest: Becky Masterman, coordinator with the University of Minnesota's Bee Squad

Issues Covered: What is causing bee populations to decline in recent years; Why bees are so important to agriculture; How the University of Minnesota Bee Squad researches bees and aids beekeepers.

Date: 1.22.14

Program: KS95 Morning Show

Time: 7:40-7:43

Issue Covered: The work of the Special Olympics in the Twin Cities. Gave information on how to help raise money for the organization.

Date: 1.24.14

Program: KS95 Morning Show

Guest: a local financial planner

Issue Covered: Talked about how to ask your boss for a raise.

Date: 1.26.14

Program InfoTrak

Time: 5:30-6:00 am

Guest: Karl Pillemer, PhD, Hazel E. Reed Professor in the Department of Human Development and Professor of Gerontology in Medicine at the Weill Cornell Medical College, Founder and Director of the Cornell Institute for Translational Research on Aging, author of "30 Lessons On Living: Tried and True Advice from the Wisest Americans"

Issues Covered: Senior citizens, personal health, career. Dr. Pillemer interviewed more than 1,000 Americans over the age of 65 to seek their counsel on all of life's big issues: children, marriage, money, career and aging. He explained why younger people should take advantage of this rich resource of older Americans' wisdom. He recommends that young people talk to older members of their own family before it is too late.

Guest: Scott Bittle, policy analyst, Senior Fellow and Founding Editor of PublicAgenda.org, a non-partisan public opinion research organization, author of "Where Did the Jobs Go And How Do We Get Them Back?"

Issues Covered: Unemployment, government policies, economy. The subject of unemployment remains the public's top concern in polls and is continually marked as the most damaging result of the Great Recession. Mr. Bittle explained why the issue is so complex and why the nation needs to take a long-term approach to resolving it. He also analyzed various solutions proposed by each side of the political spectrum.

Guest: John Hayes, PhD, Assistant Professor of Food Science and Director of the Sensory Evaluation Center at Penn State University

Issues Covered: Personal health. Nine out of 10 Americans get too much sodium in their diets. Dr. Hayes discussed a recent government report that found that just 10 foods are responsible for 44 percent of the sodium in the average diet. He outlined steps to cut sodium intake and the reasons why everyone should do it.

Date: 1.26.14

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Ken Jacobs, Chair at the UC Berkeley Center for Labor Research and Education, co-author of "Fast Food, Poverty Wages."

Issue Covered: What minimum wage workers cost taxpayers in public assistance; How raising the minimum wage would impact the economy; Why rising income inequality jeopardizes our economic future

Date: 1.30.14

Program: KS95 Afternoon Show

Time: 6:10-6:13 pm

Issue Covered: Heart health and the work of the American Heart Association. Gave information on a local fashion show to promote heart health.

Date: 2.2.14

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Yasmin Hurd, PhD, Professor of Psychiatry and Neuroscience at the Icahn School of Medicine at Mount Sinai Hospital in New York

Issues Covered: Substance abuse, government policies, parenting. Dr. Hurd's research found that teenagers who smoke marijuana may make their future offspring more vulnerable to substance abuse problems. She believes that marijuana use causes structural changes in DNA that may last for generations. Dr. Hurd said much more research into the health effects of marijuana is needed. She also explained how parents can deal with the mixed messages society is conveying to young people about marijuana.

Guest: Chris Malone, Managing Partner of Fidelum Partners, a research-based consulting and professional services firm, author of "THE HUMAN BRAND: How We Relate to People, Products and Companies"

Issues Covered: Consumer issues, education. Mr. Malone explained why upstart businesses have surged in popularity while many traditionally dominant

companies and brands have been falling behind. He outlined the reasons that social media has become such a valuable tool for both consumers and the companies they do business with. He said business schools fail to teach students how to nurture relationships with customers, causing much less loyalty to brands and products.

Guest: Janet Larson, Director of Research, the Earth Policy Institute

Issues Covered: Environmental issues, energy, consumer issues. The US is the world's largest consumer of bottled water. Ms. Larson talked about the huge environmental impact of bottled water, both in its manufacture and disposal. She also explained how consumers can wisely decide whether to use bottled water.

Date: 2.2.14

Program: Access Minnesota

Time: 6:00-6:30 am

Guests: David O'Fallon, President and CEO of the Minnesota Humanities Center; Catherine Allan, Executive Producer of 'CONSTITUTION USA' on Twin Cities Public Television; Ryan Else, Attorney with Brockton D. Hunter P.A.

Issue Covered: Towards a More Perfect Union: A Conversation about the Constitution. The Minnesota Humanities Center's "Towards a More Perfect Union" initiative for community conversations about the Constitution; Why our Constitution has endured for so long; Balancing state and federal power

Date: 2.7.14

Program: KS95 Afternoon Show

Time: 2:30-2:34 pm

Issue Covered: Gave information on the Colon Cancer Coalition and a local fundraiser.

Date: 2.9.14

Program InfoTrak

Time: 5:30-6:00 am

Guest: Lisa J. Servon, PhD, Professor and former dean at the Milano School of International Affairs, Management, and Urban Policy at The New School in New York

Issues Covered: Poverty, government relations, personal finance. Alternative financial providers such as check cashers and payday lenders are often accused of preying on the poor, with high fees and interest rates. Dr. Servon conducted a study that examined why many lower income residents make the conscious decision to use these services, rather than traditional banks. She was surprised to find that the choice actually makes sense for many people who live paycheck to paycheck.

Guest: Dan McCue, Research Manager, Joint Center for Housing Studies of Harvard University

Issues Covered: Affordable housing, poverty, consumer issues. The cost of renting an apartment or house has jumped in the past decade, according to a study led by Mr. McCue. A 6% rise in prices, combined with the drop in renter incomes, has made affordability a major concern. Much of the jump in prices is because of increased demand for rental homes as a result of the mortgage crisis. He said a quarter of all U.S. households are paying more than half of their income for housing, which is dangerously high.

Guest: Debbie Magids, PhD, psychologist, author of "All the Good Ones Aren't Taken"

Issues Covered: Mental health, women's issues. Dr. Magids discussed the trend of serial dating and why dating is so difficult for women in particular. She explained the most common dating errors and suggested ways that a person can analyze their own patterns of behavior, to clear the way for more fulfilling relationships.

Date: 2.9 14

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Keith Mayes, Professor in the Department of African American and African Studies at the University of Minnesota, expert on the African American experience, and the Civil Rights and Black Power Movements

Issue Covered: The 50th Anniversary of the 1964 Civil Rights Act. The impact of the 1964 Civil Rights Act; Why the movement took place when it did and why it was so successful; Historical bias towards Martin Luther King Jr.; How the Civil Rights movement evolved after the 1960's

Date: 2.16.14

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Russell E. Johnson, PhD, Assistant Professor of Management in the Eli Broad College of Business at Michigan State University.

Issues Covered: Personal health, workplace matters, careers. Dr. Johnson's research has found that that people who check their work emails on smartphones at night could end up hurting their ability to work the following day. He found that smartphones appeared to have a greater effect on people's energy levels and sleeping abilities in comparison to other electronic screens. He offered several suggestions on how to control smartphone use at night.

Guest: Daniel J. Siegel, MD, neuropsychiatrist, Clinical Professor of Psychiatry at the UCLA School of Medicine, Executive Director of the Mindsight Institute, author of "Brainstorm: The Power and Purpose of the Teenage Brain"

Issues Covered: parenting, personal health. Dr. Siegel said that between the ages of 12 and 24, the brain changes in dramatic and important ways. He believes this brain development is the explanation for sometimes erratic, unusual and creative behavior in teens. He said that if parents understand the science behind these changes, they can better help their teenagers navigate this challenging phase of life.

Guest: Kenneth Dautrich, PhD, Associate Professor of Public Policy, University of Connecticut

Issues Covered: Citizenship, education. Dr. Dautrich recently conducted a survey of students to learn their attitudes toward the First Amendment. He found that schools are spending more class time on the First Amendment, but a sizeable number of students either do not view the First Amendment favorably or take its protections for granted.

Date: 2.16.14

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Nicole LaVoi, professor in the School of Kinesiology at the University of Minnesota, Associate Director of the Tucker Center for Research on Girls & Women in Sport, and Co-Founder of the Minnesota Youth Sport Research Consortium

Issues Covered: The Decline of Female Coaches in Women's Athletics. How Title IX lead to a decline in female coaches in women's college athletics; Why the percentage varies from sport to sport; Why men hire more male coaches; What can be done to reverse this trend; Gender balance among head coaches at the University of Minnesota

Date: 2.21.14

Program: KS95 Morning Show

Time: 8:30-8:35

Issue Covered: Talked about and gave information on a local event for the American Lung Association. Talked about issues of air quality in the Twin Cities as well as lung diseases.

Date: 2.23.14

Program: InfoTrak

Time: 5:30-6:00 am

Guest: John M. Leventhal, MD, Professor of Pediatrics and Medical Director of the Child Abuse and Child Abuse Prevention Program at Yale Medical School, expert in child abuse prevention

Issues Covered: Child abuse, parenting.

Dr. Leventhal has dedicated his career to the prevention of child abuse. He recently conducted a study that found that the first year of life is the most dangerous for children. He said that parents from any income, educational or social level can be the perpetrators of abuse, largely because they are unprepared to deal with infants' crying. He believes that educational programs for new parents could help reverse the trend.

Guest: Erin Botsford, financial planning expert, author of "The Big Retirement Risk: Running out of Money Before You Run Out of Time"

Issues Covered: Retirement planning, senior citizens, personal finance. For many baby boomers, the recession didn't wipe out their nest egg completely, but it did shrink it considerably. Ms. Botsford discussed the turbulence in today's economy and how it has changed retirement planning. She explained how people approaching their golden years can assess their financial needs and take steps to ensure a sound retirement.

Guest: Aaron W. Smith, Senior Research Specialist with Pew Research Center's Internet & American Life Project

Issues Covered: Economy, consumer matters. Mr. Smith surveyed 1,000 US adults and found that more half of consumers used cell phones in stores during the holidays. He outlined the most common ways that consumers use their phones as shopping tools. He also explained how brick-and-mortar stores may react to the trend by changing policies, products and prices.

Date: 2.23.14

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Dr. Maureen Reed, Former Chair of the Board of Regents at the University of Minnesota, Executive Director of the Nobel Peace Prize Forum

Issue Covered: The 2014 Nobel Peace Prize Forum.

Guests and themes for this year's forum; A look back at the 2013 forum; Why the Nobel Peace Prize is so revered and sometimes controversial; How the forum impacts the lives of participants

Date: 3.2.14

Program: InfoTrak

Time: 5:30-6:00 am

Guest: John A. Eterno, Ph.D., Professor, Associate Dean and Director of Graduate Studies in Criminal Justice at Molloy College, former Captain with the New York City Police Department, co-author of "The Crime Numbers Game: Management by Manipulation"

Issues Covered: Crime, government policies. Dr. Eterno conducted the first scientific examination of crime statistics manipulation in the New York City Police

Department. He explained how increasing pressure to show decreasing crime rates by any means necessary has affected police departments throughout the United States. He discussed how this affects crime victims and explained what citizens can do, to ensure that their local police department is reporting crime statistics in an honest manner.

Guest: Kristen Copeland, MD, Assistant Professor of Pediatrics at Cincinnati Children's Hospital Medical Center

Issues Covered: Children's health, parenting, education. 75% of young children in the US are in some form of pre-school or daycare outside the home. Dr. Copeland conducted a study that found that most children in day care get far too little exercise. She explained the reasons behind this trend and why parents should be concerned. She outlined the types of questions parents should ask when they are looking for a pre-school or daycare center.

Guest: Phil Reed, Senior Consumer Advice Editor at Edmunds.com

Issues Covered: Environment, consumer matters. Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

Date: 3.2.14

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Alberto Monserrate, President/CEO of the Latino Communications Network, Chair of the Minneapolis School Board

Issues Covered: Immigration Law Enforcement and the Future of Comprehensive Reform. How immigration law enforcement is affecting local businesses; Why the system is broken; What current immigration law means for undocumented immigrants; How reformers are pushing Congress to act on comprehensive immigration reform

Date: 3.9.14

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Brian Fleming, combat veteran, co-author of "Redeployed: How Combat Veterans Can Fight the Battle Within and Win the War at Home"

Issues Covered: Military Families Issues, Government Policies, Mental Health. Mr. Fleming discussed Post Traumatic Stress Disorder and other difficulties faces by combat veterans and their families. He noted that the suicide rate among veterans under the age of 30 has risen by 44% in the past several years. He said no one prepares veterans to successfully make the transition back

home. He offered strategies for both vets and their families who are struggling with a return to civilian life.

Guest: Bradley F. Bale, MD, heart attack and stroke prevention specialist, Medical Director of the Heart Health Program for Grace Clinic, Lubbock, TX, author of "Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes"

Issue Covered: Personal Health. Heart disease affects 81 million Americans and is the culprit in one of every two deaths in the United States. Dr. Bale said most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. He outlined some relatively inexpensive lab tests that can uncover arterial inflammation and its underlying causes. He also talked about the importance of simple changes in lifestyle that can dramatically cut the risk of heart attack and stroke.

Date: 3.9.14

Program: Access Minnesota

Time: 6:00-6:30

Guest: Jack El-Hai, author of "Non-Stop: A Turbulent History of Northwest Airlines," published by the University of Minnesota Press

Issue Covered: Non-Stop: A Turbulent History of Northwest Airlines. How Northwest Airlines began; What the airline meant to the region; How it evolved throughout its eight decades of operation; Northwest as a reflection of popular fashion and culture

Date: 3.16.14

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Deborah Serani, Psy.D., licensed psychologist, Adjunct Professor at the Gordon F. Derner Institute of Advanced Psychological Studies, co-author of "Depression and Your Child: A Guide for Parents and Caregivers,"

Issues Covered: Mental Health, Parenting, Suicide. Childhood depression is on the rise in America. Dr. Serani discussed the major challenges faced by families of children with mental illness. She talked about the most common symptoms that indicate clinical depression or suicidal thoughts in children. She also outlined the most effective treatments.

Guest: Julie Angwin, Pulitzer Prize-winning investigative journalist, author of "Dragnet Nation: A Quest for Privacy, Security and Freedom in a World of Relentless Surveillance"

Issues Covered: Privacy, Government Policies, Consumer Matters. Ms. Angwin explained why Americans should be concerned about the rapidly increasing ways that the government, private companies, and even criminals use technology to

indiscriminately sweep up vast amounts of our personal data. She outlined tools that people can use to reduce their digital footprint. She also talked about possible reforms that could be implemented to slow the erosion of privacy rights.
Guest: Russell Pate, PhD, Professor of Exercise Science at the University of South Carolina

Issues Covered: Health, Children's Issues. A third of U.S. adolescents are unfit, according to Dr. Pate's National Health and Nutrition Examination Survey, and he believes that it's time to get them moving. He said that kids who are unfit are likely to become unfit adults, with greater risks of developing diabetes, high cholesterol, high blood pressure and other illnesses. Dr. Pate offered simple ideas for parents on how to increase their kids' level of exercise.

Date: 3.16.14

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Kenny Blumenfeld, Sr. Research Director at ORC International, Hazardous Weather Research Specialist with Hennepin County Emergency Management, and Adjunct Professor and Research Associate in the U of MN Department of Geography and Metro State University

Issue Covered: Minnesota's Extraordinary Winter. What caused our unusually severe winter weather; How Minnesota's weather may be linked to climate change and other abnormal weather patterns; Positive effects of the cold.

Date: 3.23.14

Program: InfoTrak

Time: 5:30-6:00

Guest: Stephen Downing, retired Deputy Chief of the Los Angeles Police Department, board member of the nonprofit organization Law Enforcement Against Prohibition

Issues Covered: Drug Abuse, Government Policies, Crime. Mr. Downing explained why he believes that the war on drugs has failed. He said that his on-the-job experience demonstrated the futility of trying to enforce current drug laws. He discussed the many negative consequences of the war on drugs, particularly on children. His organization believes that drugs should be legalized, controlled and taxed.

Guest: Laurence Shatkin, PhD, career information expert, author of numerous books on choosing a career, including "150 Best Jobs for a Secure Future"

Issues Covered: Employment, Education. Dr. Shatkin shared his research into the most secure jobs during hard economic times. He ranked occupations by pay, growth prospects, and number of potential openings, along with the amount of education or training required. He offered advice for young people who are

considering their career options and for older workers thinking about a mid-life career change.

Guest: Kendrin Sonnevile, ScD, RD, LDN, Research Scientist, Clinical Nutrition Specialist at Children's Hospital, Boston

Issues Covered: Personal Health, Women's Issues. Dr. Sonnevile conducted a study that found that teenage girl athletes with the highest levels of vitamin D in their diets were half as likely to suffer a stress fracture. She said vitamin D deficiencies in teen girls are common. She explained which activities are most commonly associated with stress fractures and recommended ways to get enough vitamin D.

Date 3.23.14

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Kenny Blumenfeld, Sr. Research Director at ORC International, Hazardous Weather Research Specialist with Hennepin County Emergency Management, and Adjunct Professor and Research Associate in the U of MN Department of Geography and Metro State University

Issue Covered: Climate Change and Emergency Preparedness. How Minnesota's winter weather may impact summer; Getting past the politics of climate change; How emergency warning systems must adapt to new technology and more diverse communities

Date: 3.27.14

Program: KS95 Afternoon Show

Time: 5:30-5:35 pm

Guest: Pat Hogan from the Minneapolis St. Paul International Airport

Issue Covered: Changes in security at the airport and suggestions on how early to arrive for your flight.

Date: 3:30.14

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Michelle A. Riklan, employment and career expert, co-author of "101 Great Ways to Compete in Today's Job Market"

Issues Covered: Employment Matters, Career. Mr. Riklan offered marketing ideas for people either looking for a job or hoping to move their careers forward. She explained the critical importance of social media in today's job market and offered tips to optimize a LinkedIn page. She said even people who are secure in

their current jobs should be prepared to immediately take advantage of an opportunity at a better job.

Guest: Judy Foreman, nationally syndicated health columnist, author of “A Nation in Pain: Healing Our Biggest Health Problem”

Issues Covered: Personal Health, Drug Abuse, Government Policies. According to government statistics, 100 million American adults live in chronic pain. Ms. Foreman discussed the connection between chronic pain and prescription drug addiction. She said exercise is one of the most effective ways to deal with chronic pain. She also discussed reforms in government policies that could allow the healthcare system to better deal with the epidemic of chronic pain.

Guest: Ciji Ware, author of “Rightsizing Your Life”

Issues Covered: Charitable Contributions, Recycling, Consumer Issues, Senior Issues. Many Baby Boomers are beginning to think about the future and how many material possessions they really need. Ms. Ware believes that more isn't always better. She offered ideas on how to make wise decisions in downsizing, in particular through recycling and donating unneeded items.

Date: 3.30.14

Program: Access Minnesota

Time: 6:00-6:30

Guest: : Dr. Amos Deinard, associate professor in the Department of Pediatrics and adjunct professor in the School of Public Health's Division of Epidemiology and Community Health at the University of Minnesota

Issue Covered: Children's Oral Health. Problems with oral health access for disadvantaged youth; Fluoride varnishing treatment; Deinard's Oral Health Zone Project; What parents can do to improve their children's oral health