



4th Quarter 2014
Issue/Program List for KSTP-FM/KS95

Dates: 10.3.14, 10.10.14, 10.24.14, 10.3.14, 11.7.14, 11.14.14, 11.21.14,
11.28.14, 12.5.14, 12.19.14

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: 10.5.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Jeff Herten, MD, author of "The Sobering Truth: What You Don't Know Can Kill You"

Issues Covered: Alcoholism, Personal Health. Dr. Herten was a high-functioning alcoholic for over 30 years. He talked about the widespread nature of hidden alcoholism in our society. He believes that alcohol is more addictive and destructive than drugs like heroin. He said alcohol consumption contributes to a surprising number of cancers and other health problems.

Guest: Pat Brown, author of "How to Save Your Daughter's Life: Straight Talk for Parents from America's Top Criminal Profiler"

Issues Covered: Youth At Risk, Parenting, Date Rape, Crime. Ms. Brown said no daughter is safe from harm in today's world, especially now that social media makes it so easy to connect with people we barely know. She discussed risky choices that teens make that can put them in harm's way, and how predators use that behavior to choose their victims. She said parents of teen girls need to be more proactive than ever about keeping their daughters safe.

Guest: Michelle Budig, PhD, sociology professor, University of Massachusetts, Amherst

Issues Covered: Women's Issues, Workplace Matters, Parenting. For 15 years, Dr. Budig has studied the parenthood pay gap. She has found that mothers are less likely to be hired for jobs, to be perceived as competent at work or to be paid as much as male colleagues with the same qualifications. However, having a child is good for a man's career. She discussed the possible reasons behind this problem and potential solutions.

Date: 10.5.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Evan Tsai, Marine Corps Veteran, Assistant Public Defender in St. Paul, recipient of 2014 Veterans' Voices Award; Al Horner, former US Navy Seal, entrepreneur, and Co-Chair of the Veterans' Voices Award Ceremony; Trista Matascastillo, Program Officer for the Veterans' Voices Awards

Issue Covered: 2014 Veterans' Voices Awards, Part 1. Challenges and opportunities for veterans after deployment; How military service changes and affects those who serve; What Americans can learn from veterans; The growing disconnect between US civilians and their military.

Date: 10.12.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Sally Satel, MD, Resident Scholar at the American Enterprise Institute, editor of "When Altruism Isn't Enough: The Case for Compensating Kidney Donors"

Issues Covered: Organ Donation, Government Policies, Personal Health. 12 people die each day while waiting for a life-saving kidney transplant. Dr. Satel discussed the shortage of organ donations and shared her story of receiving a kidney donation in 2006. She believes that a program to compensate organ donors, through in-kind rewards, such as a contribution to a retirement fund, an income tax credit, or tuition vouchers for their children—rather than lump-sum cash payments—would eliminate the shortage of available organs.

Guest: James Betts, PhD, Senior Lecturer in Nutrition, Metabolism & Statistics at the University of Bath, England

Issues Covered: Nutrition, Personal Health. Conventional wisdom has always maintained that breakfast is the most important meal of the day. Dr. Betts led a study that examined whether people who eat breakfast are healthier or lose weight more effectively than those who skip it. He said his research found that breakfast eaters consumed more calories each day and were more physically

active overall, but there was no difference in weight. He believes that while breakfast doesn't matter for adults, it still is important for children from a nutrition and learning standpoint.

Guest: Monica Betson Montgomery, author of "The Keys to College: A Roadmap for Parents to Guide Their Children"

Issues Covered: Education, Parenting. Ms. Betson-Montgomery read and scored over 20,000 freshman college applications throughout her career. She believes the process of preparing for college should begin in grade school or even earlier. She outlined possible strategies for parents navigate their way through their child's educational career.

Date: 10.12.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Evan Tsai, Marine Corps Veteran, Assistant Public Defender in St. Paul, recipient of 2014 Veterans' Voices Award; Al Horner, former US Navy Seal, entrepreneur, and Co-Chair of the Veterans' Voices Award Ceremony; Trista Matascastillo, Program Officer for the Veterans' Voices Awards

Issues Covered: 2014 Veterans' Voices Awards, Part 2. Challenges facing veterans after deployment; How to talk to a veteran about their service; Bridging the gap between civilians and veterans; Getting involved with the Veterans Voices initiative.

Date: 10.19.14

Program: InfoTrak

Time: 5:00-5:30

Guest: Robert Neuman, PhD, former associate dean of academic advising at Marquette University, author of "Are You Really Ready for College?: A College Dean's 12 Secrets for Success - What High School Students Don't Know"

Issues Covered: Education, Parenting. Roughly 2/3rds of college students fail to earn a degree in four years, and Dr. Neuman believes the reason is that they are ill-prepared. He outlined several strategies that high school students can use to enter college with the knowledge, learning skills and work ethic required to succeed. He explained why extra-curricular activities are also quite important when submitting a college application.

Guest: Graeme Cowan, corporate mental health consultant, author of "Back from the Brink: True Stories and Practical Help for Overcoming Depression and Bipolar Disorder"

Issues Covered: Mental Health, Workplace Matters. One in five Americans takes at least one psychiatric medication, such as an anti-depressant or anti-anxiety drug. Mr. Cowan shared his own story of battling depression. He explained how

depression can affect a company's workforce, and how managers and co-workers can help someone who is suffering for depression, stress or other mental health issues.

Guest: Dana Peres Edelson, MD , Director of Clinical Research at the Emergency Resuscitation Center at the University of Chicago Medical Center
Issues Covered: Personal Health, Emergency Preparedness. Dr. Edelson was a co-author of revised guidelines for cardiopulmonary resuscitation for The American Heart Association. She outlined the current recommendations for CPR procedures, and said chest compression should be the top priority in a cardiac emergency.

Date: 10.19.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Dr. Aaron Doering, University of Minnesota Associate Professor in Learning Technologies, Bonnie Westby Huebner Endowed Chair in Education and Technology, Director of the Learning Technologies Media Lab, Fellow at the University of Minnesota Institute on the Environment

Issue Covered: Adventure Learning. Why our education system has been slow to leave textbooks behind; How Adventure Learning connects students with teachers around the globe and in the field; Promising new education technologies; Adapting traditional textbook-based subjects to high-tech, interactive teaching methods.

Date: 10.26.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: AnnMarie Thomas, PhD, Associate Professor, School of Engineering at the University of St. Thomas, author of "Making Makers: Kids, Tools, and the Future of Innovation"

Issues Covered: Education, Parenting. Dr. Thomas said many of today's engineering students have few hands-on skills or the ability to actually make or fix something. She explained why it is crucial to encourage today's youth to think creativity and innovatively. She offered suggestions for parents who want to teach their children to be able to use their hands to make things.

Guest: Valter Longo, PhD, biogerontologist and cell biologist, Professor at the University of Southern California-Davis School of Gerontology, Director of the USC Longevity Institute

Issues Covered: Personal Health. Dr. Longo has led multiple studies examining the effect of fasting on life extension and cancer therapy. His latest study found that a three-day fast appears to significantly increase the effectiveness of chemotherapy treatments. He talked about the possible reasons behind this finding, and what people need to know before considering a fast.

Guest: Sara Bleich, PhD, Associate Professor at Johns Hopkins Bloomberg School of Public Health.

Issues Covered: Consumer Matters, Nutrition, Government Policies. Dr. Bleich believes consumers make poor nutritional choices because the concept of calories means very little to them. She conducted a study of urban teenagers in which signs were placed in convenience stores, informing patrons that it would take five miles of walking to burn up the calories from a soft drink. Soda sales declined, not only while the signs were posted, but even weeks after they were removed. She explained the importance of finding ways to communicate nutritional information in more useable formats.

Date: 10.26.14

Program: Access Minnesota

Time: 5:30-6:00

Guest: Dr. Annie Heiderscheid, Assistant Professor and Director of Master's of Music Therapy Program at Augsburg College, Director of the Arts and Healing Program at the University of Minnesota's Center for Spirituality and Healing, clinical music therapist at the University of Minnesota Amplatz Children's Hospital
Issue Covered: Improving Health with Music Therapy. How music therapy works and what it is; The health benefits of playing a musical instrument; Measuring the benefits of music therapy; How different kinds of instruments affect different types of people in unique ways

Dates: 10.27.14-10.30/14

Program: KS95 Morning Show

Times: 6:40-6:45 and 7:40-7:45

Issue Covered: Invited listeners to participate in a KS95 event to raise money for Children's Cancer Research Fund and Gillette Children's Specialty Healthcare.

Date: 11.2.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: John Santa, M.D., M.P.H., Director of the Consumer Reports Health Ratings Center, which provides analyses and ratings to help consumers make informed health-care decisions

Issues Covered: Cancer, Personal Health, Consumer Matters. Dr. Santa and Consumer Reports recently evaluated the most frequently-used screenings for cancer. Of the eleven screenings evaluated, the organization only recommended three, cautioning that most consumers should avoid eight other common tests. Dr. Santa explained the results of his study, and offered advice for health consumers.

Guest: Nathaniel D. Smith, M.A., LPC-S, NCC, Licensed Professional Counselor in suburban Dallas, specializing in anger management and domestic violence issues, author of "Taming Your Temper: A Workbook for Individuals, Couples, and Groups"

Issues Covered: Mental Health, Domestic Violence, Workplace Matters. Mr. Smith said that anger is a growing problem in our society, caused in part by our nation's economic struggles in recent years. He discussed the typical causes of anger, and how out-of-control anger can harm a person's health, destroy relationships, and derail a career. He outlined several anger management strategies that he uses with patients in his practice.

Guest: Vaughan Dabbs, DC, Chiropractor with more than 20 years of experience, author of "This Is Why Your Back Hurts". Personal Health. Dr. Dabbs said Americans are 16 times more likely to experience back pain than someone who lives in a poorer country. He talked about the many choices of treatments for back pain. He also offered advice to improve poor posture, which he believes is one of the primary causes of back problems. .

Date: 11.2.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Dr. John Coleman, Dean of the College of Liberal Arts at the University of Minnesota

Issue Covered: Issues confronting the College of Liberal Arts at the University of Minnesota; Explaining the benefits of a Liberal Arts degree to parents and the business community in times of economic uncertainty; Alumni outreach; CLA's renewed emphasis on research

Date: 11.9.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Spencer Cowan, PhD, Vice President of Research at the Woodstock Institute, a Chicago-based nonprofit research and policy organization that focuses on fair lending and financial reform

Issue Covered: Women's Issues, Discrimination, Consumer Matters. Dr. Cowan led a study that examined fairness in the process of applying for a mortgage. He found that a home loan application listing a female applicant with a male co-applicant is less likely to be approved than one listing a male applicant with a female co-applicant. He discussed the possible reasons behind this issue and why it matters.

Guest: Anne Fletcher, health and medical writer, author of "Inside Rehab: The Surprising Truth About Addiction Treatment-and How to Get Help That Works"

Issues Covered: Substance Abuse, Mental Health. Ms. Fletcher discussed treatment options for people with substance abuse issues. She visited 15 addiction treatment centers—from outpatient programs for the indigent to Alcoholics Anonymous to famous celebrity rehabs—to determine what forms of rehab are effective. She said it's common for people who struggle with addiction to require treatment multiple times, but she found that rehab centers often provide the same treatment over and over, rather than trying different approaches for repeat patients.

Guest: Ms. Fletcher discussed treatment options for people with substance abuse issues. She visited 15 addiction treatment centers—from outpatient programs for the indigent to Alcoholics

Anonymous to famous celebrity rehabs—to determine what forms of rehab are effective. She said it's common for people who struggle with addiction to require treatment multiple times, but she found that rehab centers often provide the same treatment over and over, rather than trying different approaches for repeat patients.

Issues Covered: Children's Health, Parenting. 33% of American children are obese or overweight. Dr. Staiano was the lead author of a study that found that kids who have televisions in their bedrooms are twice as likely to be fat and nearly three times as likely to be at risk for heart disease and diabetes as those who don't. She recommended that parents limit a child's screen time to no more than two hours per day.

Date: 11.9.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Jeannie Seeley-Smith, President and CEO of Perspectives, Inc., author of "Nine Friends: In Time of Loss"

Issue Covered: Nine Friends: In Time of Loss. Nine stages of grieving; Seeley-Smith's experience with loss and recovery; Challenges of dealing with grief and tragedy; How to grieve productively; How Perspectives helps provide housing and transitional services for families in need; The shortage of resources for families in need

Date: 11.11.14

Program: KS95 Morning Show

Time: 7:40-7:45 am

Issue Covered: Charitable giving. Talked about Minnesota's Give to the Max Day where donations to charities will be doubled.

Date: 11.16.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Angela Garner, MD, FACEP, emergency physician from Galveston, TX, President of the American College of Emergency Physicians

Issues Covered: Personal Health, Legal Issues, Government Policies. Many Emergency Room doctors say the fear of malpractice lawsuits results in extra blood tests and imaging scans that are not necessary. Dr. Gardner talked about this trend and why ER physicians are such an inviting target for legal action. She also offered suggestions on how to improve the situation.

Guest: John Hartigan, Jr., PhD, Director of the American Paredes Center for Cultural Studies and Associate Professor of Anthropology at the University of Texas at Austin, author of "What Can You Say?: America's National Conversation on Race"

Issues Covered: Racial Issues, Media. How do Americans know whether a remark or incident is racially biased? Dr. Hartigan discussed the state of race relations in America and the media's role in it. He discussed ways that the first black President has affected attitudes regarding race relations.

Guest: Alan L. Ross, DMD, President of the National Coalition for School Bus Safety.

Issues Covered: Child Safety, Traffic Safety, Parenting Concerns. Although automobile safety technology has improved dramatically in the past two decades, school bus designs have changed very little. Dr. Ross explained the reasons behind this lack of progress. He believes seat belts should be mandated in all school buses. He talked about the expenses involved to retrofit the nation's school bus fleet.

Date: 11.16.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Kathryn Pearson, Associate Professor in the Political Science Department at the University of Minnesota

Issue Covered: Breaking Down the 2014 Midterm Elections. : National election results and Republican gains; Minnesota election results; Wisconsin Gubernatorial results; Lessons for Democrats and the new Republican majorities in Congress; What the midterm results mean for future legislation and 2016 elections.

Date: 11.23.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Aimée Morrison, PhD, Associate Professor of English Language and Literature, University of Waterloo

Issues Covered: Women's Issues, Consumer Matters, Parenting, Media.

Professor Morrison discussed the synthetic perfection in nearly every image we see today, and how that affects women and their self images. She explained why the Photoshopping of nearly every image we see in the media has caused an increase in body insecurity among women. She believes the trend has actually reached a tipping point, where consumers are starting to be turned off by the unattainable images in advertising messages.

Guest: Michael Harris, author of "The End of Absence: Reclaiming What We've Lost in a World of Constant Connection"

Issues Covered: Mental Health, Technology. Mr. Harris believes that we now live in an age that lacks solitude, and the time we once used to be alone with our own thoughts is now filled with social media and technology. He explained his own story of going on a "technology fast," and why those moments of silence are so important.

Guest: Karen Jones, author of "The Difference A Day Makes"

Issues Covered: Volunteerism, Poverty, Homelessness, Environment. Ms. Jones suggested quick and simple actions anyone can take to make a positive difference in the world around them, to fight scourges like homelessness, racism and poverty. She explained what she calls philanthropy, actions such as volunteering or donating that emotionally benefit the donor.

Date: 11.23.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Dr. Lauren Martin, Director of Research at the University of Minnesota's Urban Research and Outreach-Engagement Center, and Artika Roller, Program Director for The Family Partnership's PRIDE program

Issue Covered: The Business of Juvenile Sex Trafficking. The goal of Martin's new research; Where buyers come from; The challenges and concerns of this research. The PRIDE Program; Trafficking as modern day slavery; Comparing

Minnesota business with similar US cities; The role of systematic violence and manipulation. Recruitment; The role of technology in recruiting and retaining girls; Factors that keep victims in the business; Long-term psychological effects of trafficking on victims; Male victims of trafficking.

Date: 11.30.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Donald McCabe, PhD, Professor, Department of Management and Global Business at the Business School at Rutgers University

Issues Covered: Education, Ethics, Parenting. Dr. McCabe is a researcher who studies cheating in school. He has found that levels of cheating are on the rise in every level of education. He discussed some of the latest and most inventive methods of cheating fostered by newer technologies. He also offered suggestions to parents on how they can encourage their children to be honest.

Guest: Gary Small, MD, Director of the Memory and Aging Research Center at UCLA

Issues Covered: Alzheimer's disease, Personal Health, Senior Citizen Issues.

Dr. Small discussed the growing number of cases of Alzheimer's' Disease diagnosed in patients under the age of 65, and the possible causes of the trend. He also talked about the differences in Alzheimer's in young people compared to elderly patients, and the types of therapies and medications available.

Guest: Harris Stratyner, PhD., C.A.S.A.C., Associate Professor and the Director of Addiction Recovery Services for the Department of Psychiatry at Mount Sinai Medical Center,

Regional Vice President of Caron Recovery Center

Issues Covered: Substance Abuse, Youth At Risk, Parenting Concerns. Dr. Stratyner talked about his organization's survey, which found that a growing number of online conversations among teenagers involve the topics of illegal drug use and sex. He shared his concern that many young people are getting dangerous misinformation about drug safety. He talked about the code words that teens often use online, and what parents need to know.

Date: 11.30.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Karen Piper, Professor of Post-Colonial Studies in English and Adjunct Professor of Geography at the University of Missouri, author of "The Price of Thirst: Global Water Inequality and the Coming Chaos. Issue Covered: The Price of Thirst: Global Water Inequality and the Coming Chaos. Part 1 - Piper's background; The author's 7 year journey writing 'The Price of Thirst'; The colonial roots of water privatization; The companies involved in privatization; Regulations

on these companies; How the International Monetary Fund encourages this practice. The sources of future water shortages; Nanotechnologies and desalinization as a potential solution; Why these problems will get worse before they get better; The global aspect of this problem; Steps we can take to reverse these trends.

Date: 12.7.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Anise Wiley-Little, expert in Human Resources, former corporate Chief Diversity Officer, author of "Profitable Diversity: How Economic Inclusion Can Lead to Success"

Issues Covered: Discrimination, Minority Concerns, Workplace Matters. Ms. Wiley-Little said diversity is often ignored, although it can be a tremendous resource for businesses. She outlined the reasons that diversity and inclusion should matter to our nation's corporations and communities. She also said that in most cases, male managers and CEOs are ultimately in control of whether diversity succeeds or fails in a company.

Guest: Helaine Olen, personal finance writer, author of "Pound Foolish: Exposing the Dark Side of the Personal Finance Industry"

Issues Covered: Consumer Matters, Personal Finance. Americans spend billions of dollars on personal finance products and advice. Ms. Olen discussed common myths purveyed by many of the nation's most respected financial gurus. She said the financial industry frequently sells products and services to consumers that offer little, if any, help in achieving financial security. She talked about the corrosive role that commissions and fees too often play in advice offered by money advisors.

Guest: Joseph Ugrin, Assistant Professor of Accounting, Kansas State University.

Issues Covered: Workplace Matters, Personal Productivity, Employment. Professor Ugrin discussed his study of a trend called "cyberloafing," which is rapidly increasing in workplaces throughout the nation. He found that all employees – old and young alike – are spending large amounts of their workday on non-work-related activities online, such as social networking and managing their finances. He talked about the challenges that employers face in dealing with the problem.

Date: 12.7.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Jack Zipes, Professor Emeritus of German at the University of Minnesota, author of "The Original Folk and Fairy Tales of the Brothers Grimm"

Issue Covered: Part 1 – (1:30) Zipes' interest in fairy tales; (2:55) The origin of the word "fairy tale"; (5:10) The challenges of translating the Grimm Brothers' original works; (7:30) Zipes on being the first to translate the original versions; (9:57) The enduring popularity of the Grimm Brothers' stories (12:35) The original stories' target audience. Part 2 – (:35) Why the original versions of the stories are so forgotten by history and popular culture; (1:40) How the morality of the tales changed over time; (5:10) Why the world needs the original versions of these stories.

Dates: 12/11-12/12

Program: KS95 – all programs

Time: 5:30 am – 6:00 pm

Issues Covered: Aired the KS95 for Kids Radiothon to raise money and awareness for Children's Cancer Research Fund and Gillette Children's Specialty Healthcare. Told the stories of children fighting cancer, chronic illnesses and injuries.

Date: 12.14.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Michael C. Harper, expert in employment discrimination law, Barreca Labor Relations Scholar and Professor of Law, Boston University School of Law
Issues Covered: Age Discrimination, Workplace Matters, Senior Citizens. Prof. Harper discussed the growing influence of age discrimination in today's job market. He explained the reasons that employers often avoid older job applicants. He said the Age Discrimination in Employment Act, which prohibits employment discrimination against anyone 40 or older, is highly ineffective. Prof. Harper believes the law should be reformed to make it at least as strong a deterrent as laws that prohibit discrimination on race or gender.

Guest: Jeff Blyskal, Senior Editor at Consumer Reports

Issues Covered: Consumer Matters, Personal Privacy. Americans are used to being monitored for security reasons as they shop, but Mr. Blyskal said an increasing number of walk-in retailers are taking spying to a whole new level. He said stores are installing hidden video cameras, video analytics software, smartphone tracking and wi-fi hotspots to gather a surprising amount of data about their individual customers. The goal of this intense surveillance is to target

shoppers with customized marketing, to convince them to shop more and spend more.

Guest: Frances Newton, financial advisor, founder of Frances Insights
Issues Covered: Personal Finance, Consumer Matters. Ms. Newton said this is an excellent time of year for consumers to dig through credit card statements and bank receipts, and get their finances in order. She said getting organized will not only help a consumer to save money during the year, but it will also boost financial confidence.

Date: 12.14.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Dr. Rita Perlingeiro, Associate Professor of Medicine in the Lillehei Heart Institute at the University of Minnesota

Issue Covered: Muscular Dystrophy. Part 1 – (1:25) Perlingeiro's interest in stem cells and muscular dystrophy; (2:50) How muscular dystrophy affects the body; (4:00) The disease's effects on children; (5:30) Different types of MD (6:47) What makes MD so difficult to cure (9:42) Why the disease affects men more than women (10:37) Current treatments. Part 2 – (:30) Genetics and carrying the gene for MD (1:08) Perlingeiro's lab and research; (5:42) Human clinical trials; (7:18) Other applications for the lab's research; (7:40) Other research in this field; (9:35) The future of Perlingeiro's research.

Date: 12.21.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Felicia Cosman, MD, Senior Clinical Director and Chair of the National Osteoporosis Foundation, author of "What Your Doctor May Not tell you about Osteoporosis"

Issues Covered: Personal Health, Women's Issues. Recent medical studies about the use of calcium to prevent osteoporosis have had conflicting findings. Dr. Cosman explained that most experts are still unsure about the value of taking calcium supplements. She stressed the importance of getting calcium through the diet, and offered other advice on how to improve bone health and reduce a person's chance of developing osteoporosis.

Guest: Deborah Prothrow-Stith, MD, expert in public health and youth/urban violence, Adjunct Professor at Harvard University, former Massachusetts Commissioner of Public Health, former Henry Pickering Walcott Professor of Public Health Practice at the Harvard School of Public Health.

Issues Covered: Youth Violence, Crime , Youth at Risk, Parenting. Dr. Prothrow-Stith discussed the growing trend of youth violence and gang activity in America. She believes that youth violence should be approached as a public health issue, similar to the way that smoking and lung cancer were dealt with through public education. She talked about the value of school-based programs, which have resulted in decreases in aggressive behavior. She also outlined the common characteristics that link most young violent offenders.

Guest: Karen Simpson-Hankins, mortgage and real estate expert, author of "Conquer Your Closing: Insider Secrets for Today's Savvy Home Buyer"

Issues Covered: Consumer Matters, Economy. Ms. Simpson-Hankins discussed the four biggest mortgage mistakes most consumers will make. She talked about the questions that every consumer should ask lenders before signing the deal. She also explained why home inspections are crucial in the home-buying process, and how consumers can wisely shop for the best interest rate.

Date: 12.21.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Rachael Grazioplene, PhD Candidate in Psychology in the Personality, Individual Differences, and Behavioral Genetics program at the University of Minnesota

Issue Covered: The Genetics of Creativity, Mental Illness, and Intelligence. Part 1 – (1:27) The Personality, Individual Differences, and Behavioral Genetics program at the University of Minnesota; (2:25) Grazioplene's research; (3:43) The difficulty with research in this field; (5:30) The complications involved in isolating traits in genes; (6:38) How genes associated with illness can, in low doses , be valuable; (7:45) Environmental effects on genes; (9:19) A person's openness to experience is a big predictor of creativity. Part 2 – (:39) When a trait is beneficial and when it is problematic; (2:11) The link between genius and schizophrenia; (3:58) The different cultural perspectives of schizophrenia; (7:27) The argument of nature versus nurture; (9:00) The possibility of testing for genetic risk factors; (11:07) Environmental factors have bigger impacts earlier in life.

Date: 12.28.14

Program: InfoTrak

Time: 5:00-5:30 am

Guest: Frederick M. Hess, Resident Scholar and Director of Education Policy Studies at the American Enterprise Institute, author of "The Same Thing Over and Over: How School Reformers Get Stuck in Yesterday's Ideas"

Issues Covered: Education Reform, Government Policies. Mr. Hess believes that even bitter opponents who argue about how to improve schools agree on more than they realize. He suggested that uniformity frequently gets in the way of quality education and that the American education system must change radically. He also said that schools need to implement a much wider variety of schooling options that would better meet student needs.

Guest: Kristen Kirkpatrick, MS, RD, LD, Dietician and Wellness Manager, The Cleveland Clinic Wellness Institute and The Cleveland Clinic Lifestyle 180 Program

Issues Covered: Nutrition, Personal Health. Ms. Kirkpatrick said that consumers need to put more thought into the foods that they buy. She offered suggestions to help people read nutrition labels, which will help them make wiser choices. She said locally-produced meat and locally-grown produce is usually a healthier choice. She explained how to find a local farm or produce supplier, which usually can provide information about their food more accurately than a supermarket.

Guest: Lance Dodes, MD, psychiatrist and psychoanalyst, Assistant Clinical Professor of Psychiatry at Harvard Medical School, author of "Breaking Addiction: A 7-Step Handbook for Ending Any Addiction"

Issues Covered: Addiction, Mental Health. Dr. Dodes explained how to identify an addiction and recognize key moments in addictive behavior. He said that every addictive act is normally preceded by a feeling of helplessness or powerlessness. He offered both long- and short-term advice for those dealing with an addiction.

Date: 12.28.14

Program: Access Minnesota

Time: 5:30-6:00 am

Guest: Dr. Lauren Martin, Director of Research at the University of Minnesota's Urban Research and Outreach-Engagement Center, and Artika Roller, Program Director for The Family Partnership's PRIDE program

Issue Covered: The Business of Juvenile Sex Trafficking. The goal of Martin's new research; Where buyers come from; The challenges and concerns of this research. The PRIDE Program; Trafficking as modern day slavery; Comparing Minnesota business with similar US cities; The role of systematic violence and manipulation. Recruitment; The role of technology in recruiting and retaining girls; Factors that keep victims in the business; Long-term psychological effects of trafficking on victims; Male victims of trafficking.

Date: 12.31.14

Program: KS95 Afternoon Show

Time: 3:40-3:55 pm

Issue Covered: Safety on the roads for New Year's Eve. Talked about the importance of planning a ride home and other safety concerns for both holiday and winter driving.