



4th Quarter 2013
Issue/Program List for KSTP-FM/KS95

Date: 10.4.13, 10.11.13, 10.18.13, 10.25.13, 11.1.13, 11.8.13, 11.15.13,
11.22.13, 12.13, 12.20.13

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: 10.6.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Shawn Achor, former Professor of Psychology at Harvard University, CEO of Aspirant, a Cambridge-based consulting firm, author of "The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work"

Issues Covered: Workplace Matters, Mental Health. Conventional wisdom is that happiness is a result of success, but Dr. Achor said his research in psychology and neuroscience has proven that the opposite is true: happy people become successful. He explains how employees and managers can reprogram their brains to become more positive in order to gain a competitive edge at work.

Guest: Ralph Sacco, MD, immediate past-president of the American Heart Association, neurologist at the Miller School of Medicine at the University of Miami

Issues Covered: Strokes, Personal Health, Senior Citizens. The incidence of strokes among Americans age 45 and younger is rising dramatically. Dr. Sacco explained the likely reasons for this trend and why he is so concerned about it. He talked about the types of disabilities that stroke victims face and the likelihood of recovery.

He also suggested steps to prevent a stroke.

Guest: Sarah Welch, organizational expert, co-author of "Pretty Neat: The Buttoned-Up Way to Get Organized and Let Go of Perfection"

Issues Covered: Personal Productivity, Workplace Matters, Mental Health. Ms. Welch said nearly everyone believes that they need to be more organized, but that media images have made it more intimidating than ever. She said that people need to stop holding themselves to impossibly high standards, and focus instead on defining their own, realistic organizational goals. She outlined the steps to get started.

Date: 10.6.13

Program: Access Minnesota

Time: 6:00-6:30 am

Guests: Vladas Griskevicius, McKnight Associate Professor of Marketing and Psychology at the Carlson School of Management at the University of Minnesota, co-author of "The Rational Animal: How Evolution Made Us Smarter Than We Think"

Issues Covered: The Rational Animal: How Evolution Made Us Smarter Than We Think.

How we define "rational" behavior; How our early childhood impacts our future consumer habits; How our behaviors change as we age; The new micro-targeting era of advertising and marketing

Date: 10.7.13

Program: KS95 Afternoon Show

Time: 2:46-2:50 pm.

Issue Covered: Breast Cancer. Talked about a local event to raise money for breast cancer research.

Date: 10.13.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest: PhD, Director and Research Professor of the Georgetown University Center on Education and the Workforce

Issues Covered: Unemployment, Education. Americans in their 20s and early 30s are the most educated generation ever, but it's taking a lot longer for them to launch their careers. Dr. Carnevale explained how structural economic shifts and two recessions have turned this into the "lost decade" for Millennials, particularly men. He said the new demands for advanced skills in today's job market mean that young adults need more education and training--something that today's universities are failing to deliver.

Guest: Vicki Bogan, PhD, economist, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University
Issues Covered: Education, Personal Finance, Parenting Issues, Government.
Dr. Bogan conducted a study of 529 savings plans, which are special tax-favored savings accounts intended to help families save for future college costs. Her study found that fees in these plans are surprisingly high, and the more valuable the state tax break, the higher the fees in a state's plan. She said the complexity of 529 plans often discourages parents from utilizing them. She explained how parents can learn to make wise decisions on saving for college.

Guest: Jay M. Harvey, MD, pediatrician in Trinity, FL

Issues Covered: Personal Health, Parenting. Choosing a pediatrician is one the toughest challenges faced by a new parent. Dr. Harvey explained how parents can make wise choices when selecting a pediatrician for their child, and what basic step parents can take to improve their children's health.

Date: 10.13.13

Program: Access Minnesota

Guest: James Norwood, retired University of Minnesota Humanities professor, and instructor for the upcoming LearningLife course, "The Assassination of John F. Kennedy: An Event That Changed History"

Issues Covered: Examining JFK's Assassination. The Evolution of our understanding of the assassination; The trouble with the abundance of books, articles and documentaries about the assassination; What we know about Lee Harvey Oswald and Jack Ruby; Why the assassination still matters 50 years later

Date: 10.20.13

Program InfoTrak

Time: 5:30-6:00 am

Guest: Ayal A. Aizer, MD, MHS, Chief Resident of the Harvard Radiation Oncology Program, Massachusetts General Hospital

Issues Covered: Personal Health, Cancer, Marriage. Dr. Aizer talked about his study that found that cancer patients who are married are more likely to survive the disease than non-married cancer patients. He discussed the possible reasons behind this trend. He believes that the social support of a spouse is very important in health outcomes. He said patients who are married are also 50% more likely to receive recommended treatments for curable forms of cancer.

Guest: Susan Eva Porter, PhD, school administrator and counselor, author of "Bully Nation: Why America's Approach to Childhood Aggression is Bad for Everyone".

Issues Covered: Bullying, Children's Issues. Dr. Porter said she believes that today's children are no more aggressive or violent than previous generations, but our nation's sensitivity to bullying has increased dramatically. She said recent

legislation targeting bullying has been largely ineffective, and does not help youngsters in the long run. She said labeling a child as a bully or victim also does more harm than good. She also said it's difficult to understand the size of the problem because national bullying statistics are very inconsistent.

Guest: Edward S. Kubany, PhD, clinical psychologist, author of "Healing the Trauma of Domestic Violence"

Issues Covered: Domestic Violence, Women's Issues Mental Health. Dr. Kubany discussed how victims of abuse can begin to recover and take back their lives. He explained where abuse typically begins in a relationship and how women can identify potential abusive men before becoming involved with them. He said most abused women also experience post-traumatic stress disorder.

Date: 10.20.13

Program: Access Minnesota

Guest: Deborah Dillon, Professor and Associate Dean for Professional, Graduate and International Programs in the College of Education and Human Development at the University of Minnesota

Issues Covered: The University of Minnesota's Partnership with 'Teach for America'. Minnesota's alternative teacher licensure law; The University of Minnesota's new partnership to train new Teach for America corps members; Resistance to that partnership from university students and faculty

Date: 10.27.13

Program InfoTrak

Time: 5:30-6:00 am

Guest: Richard Arum, PhD, Professor in the Dept. of Sociology with a joint appointment in the Steinhardt School of Education at New York University, Director of the Education Research Program of the Social Science Research Council, author of "Academically Adrift: Limited Learning on College Campuses"

Issues Covered: Education, Unemployment. Dr. Arum believes that the nation's higher-education system is effectively broken. His study of thousands of students found that while many leave college with degrees, a large percentage of them show little to no improvement in critical thinking or complex reasoning skills. He explained the reasons behind this disturbing trend and how it could be corrected.

Guest: Michael Pravica, PhD, Assistant Professor of Physics at the University of Nevada, expert in the physics of auto safety and crashes.

Issues Covered: Auto Safety; Science. Prof. Pravica discussed the role of physics in the understanding and investigation of car crashes. He talked about some of the most common misconceptions about speed. He also explained why he thinks that drivers should have an understanding of basic physics in order to drive more safely.

Guest: J. Todd Lawrence, M.D., Ph.D., orthopedic surgeon at The Children's Hospital of Philadelphia, expert in sports-related injuries

Issues Covered: Children's Health, Parenting. Dr. Lawrence was the lead investigator of a study that found that sports-related knee injuries in children increased more than 400% over the past 12 years. He explained which sports are the most dangerous, and what types of injuries are most common. He also offered advice to parents and student athletes on how to prevent knee injuries.

Date: 10.27.13

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Greg Frankenfield, co-founder and CEO of Magenic Technologies, Inc.

Issue Covered: University of Minnesota Entrepreneur of the Year. Creating positive work environments; The challenges of entrepreneurship; The U of M's "Minnesota Cup" competition and mentorship program

Date: 10.28.13

Program: KS95 Morning Show

Time: 7:13-7:25

Issue Covered: Children's Safety. How to make sure your kids are safe during Halloween activities.

Date: 11.3.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Ann Dowsett Johnston, award-winning journalist, author of "Drink: The Intimate Relationship Between Women And Alcohol"

Issues Covered: Substance abuse, women's issues. Ms. Johnston said women have closed the gender gap in the past decade, not only in their professional and educational lives, but also in terms of alcohol abuse. She noted that corporations have developed marketing strategies and products targeted exclusively to women. She expressed particular concern that alcohol manufacturers are now using social media to target teenage girls for marketing messages.

Guest: Kathryn Edin, PhD, Professor of Public Policy and Management at the John F. Kennedy School of Government at Harvard University, co-author of "Doing the Best I Can: Fatherhood in the Inner City"

Issues Covered: Inner City Issues, Parenting, Poverty. Dr. Edin studied fatherhood among inner city men who are sometimes called "deadbeat dads." She said the term does not accurately describe today's urban fathers, many of whom take pride in being involved in the lives of some of their children. She explained how economic and cultural changes have transformed the meaning of fatherhood among the urban poor.

Guest: David L. Roth, Ph.D., Director of the Johns Hopkins University Center on Aging and Health

Issues Covered: Senior Citizens, Personal Health, Family. Dr. Roth's research found that caregivers assisting chronically ill or disabled family members had an 18 percent lower death rate than similar people who were non-caregivers. He talked about the possible reasons behind this surprising finding.

Date: 11.3.13

Program: Access Minnesota

Time: 6:00-6:30 am

Guests: Paul Rosenblatt, Professor Emeritus in the Department of Family Social Science in the College of Education and Human Development at the University of Minnesota; Elizabeth Wieling, Associate Professor in the Department of Family Social Science in the College of Education and Human Development, authors of the book *Knowing and Not Knowing in Intimate Relationships*

Issue Covered: How relationships change with time and between generations; What partners want to know and what they hide from each other; Variation in relationship expectations, or lack thereof, between genders

Date: 11.7.13

Program: KS95 Morning Show

Time: 7:05-7:11

Issue Covered: The problem of hunger in the Twin Cities and efforts to feed people who are in need of help.

Date: 11.10.13

Program InfoTrak

Time: 5:30-6:00 am

Guest: Brian Reich, expert in new media and social networking, SVP and Global Editor for Edelman, author of *"Shift & Reset: Strategies for Addressing Serious Issues In A Connected Society"*

Issues Covered: Volunteerism, Philanthropy, Community Improvement. Mr. Reich believes that our connected society can be more effectively used to address the nation's critical challenges. He explained how non-profit organizations and volunteer groups should take advantage of rapidly changing technologies and new methods of communication to overcome the huge barriers facing the cause/philanthropy community.

Guest: Karen Pierce, PhD, neuroscientist, Co-Director of Functional Brain Imaging at the University of California San Diego Autism Center of Excellence, Assistant Research Neuroscientist in the Department of Neurosciences

Issues Covered: Autism, Children's Issues. 1 in 100 children in the US have some form of autism. Dr. Pierce tested a simple checklist that can reliably diagnose autism in children by age 1. She explained the most common signs of

the disorder and discussed recent advancements in treating it. She also offered optimistic advice for a parent whose child is diagnosed with autism.

Guest: Joshua Rosenbloom, student at Harvard Medical School

Issues Covered: Personal Health. Mr. Rosenbloom led a study that examined whether alcohol can be good for the heart. His research found that women who survived a heart attack had a 35% lower chance of dying if they drank wine, beer or hard liquor in moderation.

Date: 11.10.13

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Professor and Morse-Alumni Distinguished Teacher of Economics and Director of the Center for Economic Education at the University of Minnesota-Duluth

Issue Covered: Economics of Debts and Deficits. The purpose of the debt ceiling; The deficit; The national debt; The state of the US economy; How the distribution of wealth and tax rates affect the debt and economic growth

Date: 11.17.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Brad J. Bushman, PhD, Professor of Communication and Psychology, Margaret Hall and Robert Randal Rinehart Chair of Mass Communication at Ohio State University

Issues Covered: Parenting, media. Dr. Bushman's research found that gun violence in movies rated PG-13 has more than tripled since PG-13 was introduced in 1985. In fact, he found that today's PG-13 films depict more violence than R-rated movies. Dr. Bushman explained why parents should be concerned. He said the patchwork of different rating systems for TV, movies and video games is confusing for parents and should be standardized.

Guest: Stewart D. Friedman, PhD, Professor at the Wharton School of Business at the University of Pennsylvania, Founding Director of the Wharton Leadership Program and Wharton's Work/Life Integration Project, author of "Baby Bust: New Choices for Men and Women in Work and Family"

Issues covered: Parenting, career, education. Dr. Friedman studied two classes of Wharton School of Business students, and found stunning results: the rate of graduates who plan to have children has dropped by nearly half over the past 20 years. He outlined the reasons for this disturbing trend and explained why this could be a huge problem for our society. He also offered some potential solutions.

Guest: Chris & Toren Volkmann, co-authors of "Our Drink: Detoxing the Perfect Family"

Issues covered: Substance abuse, youth at risk, parenting issues. Chris and Toren offered their perspective on college drinking, as a mother and son who

personally suffered the effects. They discussed warning signs of excessive drinking that both parents and college students should be aware of, and talked about the changing attitudes on college campuses.

Date: 11.17.13

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Jane Kirtley, Silha Professor of Media Ethics and Law at the School of Journalism and Mass Communication at the University of Minnesota, Director of the Silha Center for the Study of Media Ethics and Law

Issues Covered: Branded Journalism. What "branded" journalism is, and how it differs from traditional journalism; Why advertisers are sponsoring journalism and what kind of readers they are attempting to influence; what this trend means for advertisers, legacy media, and readers

Date: 11.18.13

Program: KS95 Morning Show

Time: 7:15-7:20 and 8:35-8:40 am

Issue Covered: Talked about the upcoming Largest Clouds Choir event to raise money for cancer research.

Date: 11.20.13

Program: KS95 Morning Show

Time: 6:40-6:45 am

Issue Covered: the problem of hunger in the Twin Cities and an upcoming fundraiser.

Date: 11.24.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest: David Payne, Staff Economist at The Kiplinger Letter, overseeing Kiplinger forecasts for the US and world economies

Issues Covered: Unemployment; education. More than 11 million Americans are unable to find work, yet there are 3.9 million job openings. Mr. Payne explained why many employers say they are having trouble filling positions. He said the majority of unemployed persons do not have the high-tech skills needed for most of the unfilled jobs. He said community colleges are an excellent resource for job hunters to gain skills to improve their prospects.

Guest: Patti Feuereisen, PhD, psychologist who specializes in therapy for survivors of sexual abuse

Issues Covered: Sexual abuse, women's issues, mental health. Dr. Feuereisen said that one in four girls will experience some form of sexual abuse by the age of sixteen. Many women never share their stories, but she believes that the healing process cannot begin until women talk about their experiences.

Guest: Samira Beckwith, end of lifecare expert, President/CEO of HOPE Healthcare Services

Issues Covered: End of life issues, personal health, senior citizens. Talking with a dying loved one is a difficult task. Ms. Beckwith offered suggestions on how to open a conversation with a terminally-ill patient. She said some doctors avoid having difficult conversations with their dying patients and will order needless treatments rather than tell their patients that they've exhausted all the treatment options.

Date: 11.24.13

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Cece Terlow, Executive Director of Heartland Girls Ranch

Issue Covered: Heartland Girls Ranch. Minnesota's groundbreaking "Safe Harbor" laws; How the ranch rehabilitates girls from traumatic backgrounds; Equine Therapy.

Date: 12.1.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Lisa M. Jones, PhD, Research Associate Professor of Psychology at the Crimes Against Children Research Center at the University of New Hampshire
Issues Covered: Crime, youth at risk, parenting. Dr. Jones co-authored a recent study that found that teen sexting of sexually-oriented photos online or via cell phone may be far less common than people think. She summarized the findings and offered advice for concerned parents. She also discussed a second study she co-authored that examined how law enforcement agencies handle sexting investigations.

Guest: Christopher J. Conover, Research Scholar at Duke University's Center for Health Policy and Inequalities Research and an Adjunct Scholar at the American Enterprise Institute

Issues Covered: Senior citizens, retirement planning. Mr. Conover said both Social Security and Medicare are fiscally unsustainable in part because life expectancy has increased substantially since these programs began. He outlined what he believes are the most effective changes to restore the system to long-term viability.

Guest: Jessica Miller, commercial real estate advisor, Principal with NegotiationPlus.com, co-author of "A Woman's Guide to Successful Negotiating, Second Edition"

Issues Covered: Women's issues, workplace matters, consumer matters. Ms. Miller talked about the most common mistakes made by women in negotiations and the reasons behind those difficulties. She offered tips for women in scenarios such as bargaining for a car, and negotiating a divorce settlement.

Date: 12.1.13

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Dave Page, Professor at Inver Hills Community College, author of "F. Scott Fitzgerald in Minnesota: Toward the Summit," co-editor of "The St. Paul Stories of F. Scott Fitzgerald," and "The Thoughtbook of F. Scott Fitzgerald," published by the University of Minnesota Press.

Issue Covered: "The Thoughtbook of F. Scott Fitzgerald". : F. Scott Fitzgerald's early diaries and childhood; How his childhood influenced his later writing; What more the city of St. Paul could do to honor Fitzgerald's legacy.

Date: 12.5.13 and 12.6.13

Program: KS95 for Kids Radiothon

Issues Covered: Talked about and raised money for children's cancer research and kids with disabilities during our 2-day radiothon. We told the stories of children and their families dealing with cancer, serious injuries and chronic illnesses.

Date: 12.8.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Captain Charles Moore, environmental researcher, internationally-recognized pollution expert, founder of the Algalita Marine Research Foundation, author of "Plastic Ocean: How a Sea Captain's Chance Discovery Launched a Determined Quest to Save the Oceans"

Issues Covered: Environment, consumer matters. Capt. Moore shared his story of accidentally discovering a 1000 square mile mass of plastic scraps in the Pacific Ocean in 1997. He explained where this "plastic soup" is originating and why it collects in that one location. He said little can be done to remove it, but he outlined steps that cities can take to keep plastic out of the environment.

Guest: Sebastian K. Young, inspirational entrepreneur, author of "I Had Every Excuse to Fail But I Chose None"

Issues covered: Youth at risk, crime, minority concerns. When he was a youngster, Mr. Young's mother was brutally murdered. He talked about the challenges he faced as a result, and how he chose to forgive the killer in order to move forward in life. He explained how the wisdom his grandparents shared with him helped in making wise choices and in becoming a determined leader.

Guest: Laura Arrillaga-Andreessen, Founder and former Chairman of SV2 (Silicon Valley Social Venture Fund), a venture philanthropy fund, Professor of Strategic Philanthropy at Stanford Graduate School of Business, author of "Giving 2.0: Transform Your Giving and Our World Second Edition"

Issues Covered: charitable donations, volunteerism. The United States is the world's most generous nation. Ms. Arrillaga-Andreessen shared statistics that illustrate the charitable efforts of individual Americans. She suggested ways to maximize the impact of online contributions and offered advice to parents on how to raise a more giving family.

Date: 12.8.13

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: : Tanya Bailey, Animal Assisted Interaction Program Specialist with the Center for Spirituality and Healing at the University of Minnesota in collaboration with the Minnesota Landscape Arboretum; Dr. Gary Christenson, Chief Medical Officer of Boynton Health Service

Issue Covered: Petting Away Stress – Animal-Assisted Therapy. How animals can be used to relieve stress; Dealing with skeptics of the effectiveness of animal-assisted therapy; How animals and staff are trained.

Date: 12.10.13

Program: KS95 Morning Show

Time: 7:10-7:25 am

Issues Covered: Family issues with the holidays and stress. How to get through the holidays without stress. How to help children understand and set expectations for the presents they'll receive for the holidays.

Date: 12.15.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Marjorie Treu, Career Coach and Management Consultant, author of "78 Mistakes New Managers Make; What You Need to Know to Avoid Career Suicide"

Issues Covered: Unemployment, workplace matters. Ms. Treu offered suggestions for employees who may be concerned about potential layoffs. She outlined possible warning signs and how employees should react to them. She

discussed the most common mistakes that may affect job security. She outlined other ways to successfully adapt to a changing job market.

Guest: Shawn Bushway, PhD, Associate Professor of Criminal Justice at the State University of New York, Albany

Issues Covered: Crime, Youth at Risk. Dr. Bushway was the co-author of a study that found that by age 23, almost a third of Americans have been arrested for a crime. He talked about the reasons behind this trend and how changes in policing may have affected it. He also discussed the possible employment ramifications, as many young people are unable to pass a background check for certain jobs.

Guest: Daniel Byrd, PhD, Research Director at the Greenlining Institute

Issues Covered: Racism, Minority Concerns. Dr. Byrd led a 3-year study that found that black and white Americans are still miles apart regarding their perceptions of equality or inequality among racial groups. He outlined the results of his research, and discussed possible ways to increase awareness of racism.

Date: 12.15.13

Program: Access Minnesota

Time: 6:00-6:30 am

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

Issue covered: The Beginning of the End for the Filibuster? The Affordable Care Act website rollout; Why Senate Democrats reformed the filibuster; What reform means for the future of the filibuster; Minnesota's 2014 US Senate, House, and Gubernatorial races

Date: 12.16.13

Program: KS95 Morning Show

Time: 7:30-7:36 am

Issue Covered: Staying safe in extreme Minnesota winter weather. How to be prepared when traveling in the car.

Date: 12.22.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest: Michelle Garcia, Director of the Stalking Resource Center at the National Center for Victims of Crime

Issues Covered: Stalking, Crime, Women's Issues. Nearly 3.5 million people over the age of 18 are stalked each year in the United States.

Ms. Garcia talked about the most common stalker scenarios, and why the crime is so difficult to define. She also explained why new developments such as GPS and social networking sites have made it much easier for stalkers to target their victims.

Guest: John Izzo, PhD, business consultant, author of “Stepping Up: How Taking Responsibility Changes Everything”

Issues Covered: Workplace Matters, Community Involvement, Parenting. Mr. Izzo said that almost every problem, from personal and business challenges to social issues, can be solved if Americans looked to themselves to create change rather than expecting others to do it. He offered advice to employees who are afraid to speak up at work and how to encourage children to step up and improve problems they see in their community.

Guest: Ron Shevlin, Senior Analyst with Aite Group, an independent research and advisory firm serving the financial services industry

Issues Covered: Consumer Matters, Technology. Social media sites like Twitter and Facebook have empowered consumers in many new ways. Mr. Shevlin explained how these new tools have made it much easier to complain about a problem or to influence corporate policies. He offered advice for the best ways for consumers to use social media to interact with companies.

Date: 12.22.13

Program: Access Minnesota

Time: 6:00-6:30 am

Guest: Joanne Slavin, Professor in the Department of Food Science and Nutrition at the University of Minnesota

Issue Covered: The Science of Diets. What our gut bacteria tells us about our diet; Why processed are good and bad for us; How many different diets can work equally well.

Date: 12.29.13

Program: InfoTrak

Time: 5:30-6:00 am

Guest:

Issues Covered:

Date: 12.29.13

Program: Access Minnesota

Guest: Julie Sonier, Deputy Director of the State Health Access Data Assistance Center (SHADAC) at the University of Minnesota

Issue Covered: Minnesota’s Health Care Exchange Roll-Out. The challenge of signing up underserved and young populations; Tips for MNsure users; Whether the Affordable Care Act raises or lowers the price of health care; How enrollment compares with government expectations.