



Quarterly Issues Programs List for Station KSTP-FM/KS95  
St. Paul, MN  
January 1, 2024 – March 31, 2024 – 1st Quarter  
Placed in the Public File – April 4, 2024

**Section I. Issues**

The station has identified the following issues as significant issues facing our community in this quarter:

- A. Education
- B. Mental Health
- C. Workplace Matters and Careers
- D. Personal Health
- E. Consumer Issues

## A. Education

1. **INFOTRAK 1/21/24 5:00 AM - 8 Mins:** Jared Walczak, Vice President of State Projects, Tax Foundation. More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.
2. **INFOTRAK 1/21/24 5:10 AM - 8 Mins:** Satchin Panda, PhD, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies. When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.
3. **INFOTRAK 1/21/24 5:25 AM - 5 Mins:** Jas Booth, veteran, Founder of Final Salute, Inc, a non-profit organization that assists female veterans and their children who are struggling with homelessness. Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets, especially those with children. She said her organization has helped more than 5,000 women veterans who are homeless or in domestic violence situations.
4. **INFOTRAK 3/24/24 5:25 AM - 5 Mins:** Pam Mueller, graduate student, Department of Psychology, Princeton University. Laptops, tablets and other electronic devices are commonplace in today's classrooms. But Ms. Mueller co-authored a study that found that taking notes by typing, rather than writing, interferes with students' ability to process and remember information. Her research indicated that students who take notes with pen and paper recall more material and perform significantly better in class.
- 5.

## B. Mental Health

1. **INFOTRAK 1/7/24 5:10 AM - 9 Mins:** Mariah M. Kalmin, PhD, epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization. Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.
2. **INFOTRAK 1/7/24 5:25 AM - 5 Mins:** Annie Korzen, social media personality, humorist, actor, author of "The Book of Annie: Humor, Heart, and Chutzpah from an Accidental Influencer". Ms. Korzen explained how she accidentally became a viral star on Tik Tok in her 80s, why she enjoys interacting with

younger people, and how she uses humor to cope with aging. She explained why she thinks younger people are starting to look to older women for wisdom and life instructions.

3. **INFOTRAK 1/28/24 5:25 AM - 5 Mins:** Penelope Larsen, researcher and PhD candidate in the School of Exercise Science, Sport & Health at Charles Sturt University, Bathurst, New South Wales, Australia. Hitting the gym at night won't keep you tossing and turning all night, contrary to popular belief. Ms. Larsen led a recent study that found that evening high-intensity cycling didn't ruin sleep and may even reduce appetite. She said study participants also seemed to have more energy when exercise occurred later in the day, which could also debunk the belief that working out first thing in the morning is the optimal time.

#### C. Workplace Matters and Careers

1. **INFOTRAK 1/28/24 5:00 AM - 9 Mins:** Vijay Boyapati, Bitcoin expert, author of "The Bullish Case for Bitcoin". Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.
2. **INFOTRAK 2/4/24 5:00 AM - 9 Mins:** Rachel Slade, author of "Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)" The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.
3. **INFOTRAK 2/4/24 5:25 AM - 5 Mins:** James Royal, analyst at Bankrate.com. Mr. Royal explained why Chat GPT and other artificial intelligences are very useful tools for financial planning and management. He outlined benefits and drawbacks of using AI for various tasks, like paying down debt, saving money, building a budget, and investing in the stock market. He noted that that the key to using AI effectively is to ask the right questions and to understand how the AI's recommendations fit one's own financial goals and circumstances.

#### D. Personal Health

1. **INFOTRAK 1/14/24 5:00 AM - 9 Mins:** Annie Grace, recovering alcoholic, author of "This Naked Mind," founder of the This Naked Mind community. Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised

- people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.
2. **INFOTRAK 1/14/24 5:10 AM - 9 Mins:** Nusrat Jung, D.Sc., Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University. Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.
  3. **INFOTRAK 1/14/24 5:25 AM - 5 Mins:** Eric Gehrie, MD, Executive Medical Director of the American Red Cross. The Red Cross announced this week that they are experiencing an emergency blood shortage, with blood inventory at critically low levels. Dr. Gehrie explained the reasons behind the current shortage and how listeners to sign up to make a blood donation.
  4. **INFOTRAK 3/24/24 5:10 AM - 9 Mins:** Sanja Jelic, MD, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons. Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient's risk of heart disease, which is about two to three times higher than average. She said obesity is by far the biggest risk factor for sleep apnea. She noted that a recent study said the worldwide estimate of those with sleep apnea totals roughly 1 billion, compared to 1.2 billion with high blood pressure.

#### E. Consumer Issue

1. **INFOTRAK 1/7/24 5:00 AM - 9 Mins:** Steve Elek, Senior Automotive Data Analyst at Consumer Reports. Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.
2. **INFOTRAK 1/28/24 5:10 AM - 9 Mins:** Laura Stack, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana. Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

3. **INFOTRAK 2/11/24 5:10 AM - 9 Mins:** Andreas Groehn, Director of the Berkeley Research Group. America's roads are in bad shape and getting more wear than ever. Mr. Groehn discussed ways that road repairs and improvements may be paid for in the future, as a growing number of electric vehicle owners sidestep the gasoline taxes that currently finance road maintenance.
4. **INFOTRAK 3/24/24 5:00 AM - 9 Mins:** Charles L. Marohn Jr, land-use planner, municipal engineer, author of "Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis". Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal, and that approaches should be changed to allow neighborhoods to undergo incremental change over time.