

KULO FM
Alexandria, MN 56378
Quarterly Issues Programming Listing
October – December 2023

Public Service Director Amy Foxx compiled the list for the Fourth Quarter of 2023, uploaded on January 9th, 2024

Issues Programs List

Section I. Issues

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

A. Physical Health and Healthcare: Health issues and initiatives.

B. Mental Health: Helping the public remain aware of help available and to make good choices.

C. Climate Change and Environment Keeping the public informed of changes that may affect them and their surroundings.

D. Education and Economics: Issues relating to public education, production and business services in our community.

E. Federal Government, Global Affairs, Politics and Law: Keeping the public aware and informed.

F. Family and Relationships Information and assistance for healthy relationships and family situations.

G. Public Safety Awareness and help staying safe in your surroundings.

Section II. Responsive Programs

The station has broadcast programming dealing with each of the above-referenced issues. Programming dealing with each issue is set out below. KULO airs Radio Health Journal Sundays in two segments/topics from 6:00 to 6:30am and Viewpoints on Sundays, with 2 segments between 6:30 to 7:00am.

A. Physical Health and Healthcare

RADIO HEALTH JOURNAL

"OWN YOUR CHOICES": GETTING HEALTHY WITHOUT MEDICATION

Air Week: 10/1/2023

Time: 6:02am

Duration: 11:18

Synopsis: Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependence on medication.

RADIO HEALTH JOURNAL

HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH

Air Week: 10/1/2023

Time: 6:14am

Duration: 8:52

Synopsis: Even though the APMA estimates that three out of four people will develop serious foot pain, foot health is often neglected until it's too late. Plantar fasciitis is one of the most common causes of foot discomfort – and it's preventable in many cases. Dr. Marlene Reid, a podiatric surgeon, explains proper foot care and how to mitigate any pain flare-ups

RADIO HEALTH JOURNAL

RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS

Air Week: 10/8/2023

Time: 6:01am

Duration: 13:18

Synopsis: Rheumatoid arthritis is a life-changing condition but can also be invisible to everyone around you. Between finding the right medication and managing the illness, it's often a long and frustrating process for many patients. Our experts explain the importance of community support and how to cope with an inflammatory arthritis diagnosis.

RADIO HEALTH JOURNAL

HOW THE MRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION

Air Week: 10/15/2023

Time: 6:15am

Duration: 8:01

Synopsis: The FDA recently approved a new booster shot for COVID-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season.

RADIO HEALTH JOURNAL

DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH

Air Week: 10/29/2023

Time: 6:02am

Duration: 12:15

Synopsis: Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment.

RADIO HEALTH JOURNAL

EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN'T DEADLY

Air Week: 11/12/2023

Time: 6:15am

Duration: 7:40

Synopsis: The US Preventive Services Task Force has recently updated its guidelines for breast cancer screenings to help curb the 42,000 yearly deaths. Our experts explain these changes, how to perform at-home exams, and why aggressive breast cancer may no longer be a death sentence.

RADIO HEALTH JOURNAL

FROM HOLLYWOOD TO THE HOSPITAL: JAMIE-LYNN SIGLER'S BATTLE WITH MS

Air Week: 11/19/2023

Time: 6:02am

Duration: 11:39

Synopsis: Jamie-Lynn Sigler was cast in The Sopranos as a teenager, but was soon fighting for more than just her spot in Hollywood. After being diagnosed with multiple sclerosis, Sigler found herself on a long journey of figuring out how to manage her disease while living a fulfilling life. She explains the steps she took in hopes of helping others in similar situations.

B. Mental Health

RADIO HEALTH JOURNAL

DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON

Air Week: 10/22/2023

Time: 6:15am

Duration: 7:49

Synopsis: Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it's a little of both. Dr. Dennis Charney breaks down what common characteristics resilient people share and how you can overcome hardships in your own life.

RADIO HEALTH JOURNAL

'EVERYONE CAN BE MADE PSYCHOTIC' – THE TRUTH BEHIND SCHIZOPHRENIA

Air Week: 12/3/2023

Time: 6:13am

Duration: 8:42

Synopsis: Hollywood often portrays schizophrenia in its most extreme form, but the disorder's progression is much more complicated. Dr. Christoph Correll, a schizophrenia expert, pulls back the curtain on this condition. Dr. Christoph Correll explains why it's often misdiagnosed, left untreated, and can affect anyone – including you.

VIEWPOINTS

A FAMILY FOREVER CHANGED: RACHEL'S STRUGGLE WITH SCHIZOPHRENIA

Air Week: 10/8/2023

Time: 6:31am

Duration: 7:00

Synopsis: Deborah Kasdan's sister, Rachel, had a bright future ahead of her. She was a natural creative, a talented student and loved to travel and meet new people. However, this future dimmed when Rachel was diagnosed with schizophrenia during her mid-twenties. The diagnosis forever impacted both Rachel and the family. She sadly passed away at age 59, but Deborah Kasdan joins us this week to share her sister's story and the wide-ranging toll of mental illness.

C. Climate Change and Environment

RADIO HEALTH JOURNAL

WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT

Air Week: 10/8/2023

Time: 6:16am

Duration: 6:19

Synopsis: In a world where deforestation and environmental pollution runs rampant, it's no surprise that wild animals have started to creep into our backyards and – in some cases – inside our homes. Mary Roach, a science author, dives into the reasons behind this steady rise of wildlife lawbreakers.

RADIO HEALTH JOURNAL

NATURAL DISASTERS ARE ONLY GETTING WORSE – HOW CAN YOU HELP?

Air Week: 12/10/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

Time: 6:02am

Duration: 10:08

Synopsis: Natural disasters are often devastating to the surrounding communities and environment. And since they're becoming more frequent – and occurring in places they've never been before – it's more important than ever to know how to support the victims and prepare yourself for these catastrophes.

Host: Elizabeth Westfield

Producer: Amirah Zaveri

VIEWPOINTS

35 PERCENT OF ALL FOOD ENDS UP IN THE TRASH': WHY IS FOOD WASTE STILL SO HIGH?

Air Week: 10/1/2023

Time: 6:31am

Duration: 6:14

Synopsis: Each year, we throw away the equivalent of 130 billion meals. This wasted food could feed hundreds of millions of people and negatively impacts the environment both from its production and then the methane it releases once in a landfill. We cover the ongoing food waste crisis in America and hear from one tech platform that's helping to connect hungry people to food that would otherwise be tossed into a trash bin.

VIEWPOINTS

LESS THAN 10 PERCENT OF ALL PLASTIC IS RECYCLED

Air Week: 10/1/2023

Time: 6:52am

Duration: 1:59

Synopsis: If we spend effort recycling items, it's logical to assume that most of these bottles, cartons and boxes will be recycled and reused. However, for plastic, this is rarely the case. We talk about the plastic crisis and why it's important to cut down on the plastic you use in your daily life.

VIEWPOINTS

BREAKING DOWN THE HIDDEN MISCONCEPTIONS OF TWO CLASSIC HALLOWEEN ICONS

Air Week: 10/15/2023

Time: 6:32am

Duration: 8:33

Synopsis: Spiders and bats are some of the most common symbols of Halloween spookiness. We speak with two experts to get the truth behind these traditionally scary creatures and hear why neither of them are nearly as scary as we think.

D. Education and Economics

RADIO HEALTH JOURNAL

"IT'S A CRITICAL AGE": WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM

Air Week: 12/10/2023

Time: 6:12am

Duration: 9:19

Synopsis: Research shows that children involved in STEM courses, like engineering and science, have better reading comprehension and are more likely to be successful later in life. One national science fair is helping to keep kids, like award-winner Shanya Gill, interested in these industries and foster their passion for science.

VIEWPOINTS

2/3 OF STUDENTS ARE TESTING BELOW PROFICIENCY IN READING': WHY ARE LITERACY RATES SO LOW?

Air Week: 10/1/2023

Time: 6:42am

Duration: 10:31

Synopsis: Millions of kids are failing to meet reading comprehension standards. With so many young people falling through the cracks, we look at what's broken within the current curriculum and how new research on reading education can lead to some improvements. Education expert Natalie Wexler joins us to share important insights and what parents can also do at home to bolster these skills.

VIEWPOINTS

WHY ARE HALLOWEEN CANDY PRICES SO SCARY RIGHT NOW?

Air Week: 10/8/2023

Time: 6:53am

Duration: 2:02

Synopsis: Consumers are spending more on Halloween recently. Part of it stems from the holiday becoming more popular and people shelling out more on décor, costumes, treats and activities. However, another factor is that prices are also generally rising. We look at how candy prices have significantly jumped over the last few years.

VIEWPOINTS

CEO PAY IN THE AUTO INDUSTRY ROSE 40% OVER THE LAST DECADE: HOW FED-UP AUTO WORKERS ARE FIGHTING BACK

Air Week: 11/12/2023

Time: 6:32am

Duration: 8:42

Synopsis: Almost 50,000 American employees - a third of the total workforce between GM, Ford and Stellantis - walked off the job and went on strike for six weeks earlier this fall. This coordinated effort marks the first time that employees walked out on all three companies at once. We discuss why this massive strike was a long-time coming and how this recent walk-off is a sign of an ever-growing labor activism movement in the U.S.

E. Federal Government, Global Affairs, Politics and Law

RADIO HEALTH JOURNAL

MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS

Air Week: 11/19/2023

Time: 6:14am

Duration: 7:56

Synopsis: False confessions seem far and few between, but our experts say they're more common than most of us think. In this first installment of the two-part series, we explain the different types of false confessions and what drives people to confess to a crime they didn't commit.

RADIO HEALTH JOURNAL

FALSE CONFESSIONS PT.2: USING SCIENCE TO CATCH THE REAL CRIMINALS

Air Week: 11/26/2023

Time: 6:13am

Duration: 8:59

Synopsis: Last week our experts broke down the psychology of false confessions, and today we're discussing the aftermath of wrongful convictions. Why do people who've been wrongly convicted die earlier? How can law enforcement make sure they're catching the real criminals? Our experts explain it all.

RADIO HEALTH JOURNAL

CELEBRITY DEATHS & POLITICAL POISONINGS: INSIDE FORENSIC TOXICOLOGY

Air Week: 12/17/2023

Time: 6:02am

Duration: 12:22

Synopsis: Why do autopsy reports take so long to come back? While TV shows can make it seem like a two-step process, forensic toxicology can take weeks or months to figure out a person's cause of death. Our expert takes us through this process and how it's used in everyday life.

VIEWPOINTS

30 YEARS OF THE MOTOR VOTER LAW: WHY THIS ACT HAS TRAPPED COUNTLESS IMMIGRANTS

Air Week: 10/8/2023

Time: 6:41am

Duration: 10:08

Synopsis: In 2006, Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at the Illinois Department of Motor Vehicles. Keathley and her former lawyer, Richard Hanus, join us this week to share the stressful, years-long legal battle that almost led to her being deported back to the Philippines.

VIEWPOINTS

THE STORY BEHIND THE FREE SPEECH ORGANIZATION ADVERTISING EVERYWHERE

Air Week: 10/15/2023

Time: 6:43am

Duration: 8:48

Synopsis: Have you seen an advertisement or commercial for the group, FIRE? The acronym stands for the Foundation for Individual Rights and Expression, but even after watching an ad, it can still be confusing to grasp what exactly this organization truly stands for. As the presidential cycle heats up, this kind of messaging is only going to grow more common over the next year, so we wanted to uncover what exactly FIRE stands for and why some people have mixed feelings on the nonpartisan nonprofit.

F. Family and Relationships

RADIO HEALTH JOURNAL

BRACE FACE: AUTHOR WHO WAS BULLIED FOR HER OVERBITE OFFERS GUIDANCE

Air Week: 11/5/2023

Time: 6:15am

Duration: 7:49

Synopsis: Christina Wyman was born with a craniofacial deformity and spent her childhood dodging bullies -- at school and at home. After two jaw surgeries as an adult, her extreme overbite is fixed, but the trauma lives on. She offers guidance on how parents can successfully support their kids through these tough times.

VIEWPOINTS

A MOUNTING LONELINESS EPIDEMIC: WHERE HAVE OUR COMMUNITIES GONE?

Air Week: 10/22/2023

Time: 6:32am

Duration: 9:12

Synopsis: Even before the pandemic hit, more than half of U.S. adults responded that they struggle with feelings of loneliness and isolation. Fast forward four years and this problem has only grown worse. Millions of children, teens and adults feel completely disconnected from their neighbors, towns, and local

organizations. We talk about what's fueled this decline in recent decades and how listeners can take steps to start forming new connections where they live.

VIEWPOINTS

HOW DO YOU DEAL WITH LOSS? SPEAKING WITH TWO PEOPLE WHO'VE LOST SPOUSES

Air Week: 10/22/2023

Time: 6:44am

Duration: 8:13

Synopsis: Is there a right or wrong way to grieve the loss of someone you love? We speak with two adults who've dealt with the loss of a spouse to get a better sense of the grieving process and what people do & don't need to hear during this difficult time.

G. Public Safety

RADIO HEALTH JOURNAL

WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR

Air Week: 10/15/2023

Time: 6:02am

Duration: 11:28

Synopsis: Many of us think that we can spot a liar by their eye movements or facial expressions, but for true deception artists those methods won't work. Our experts explain the psychology behind why people lie and how you can avoid being duped.

RADIO HEALTH JOURNAL

HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY

Air Week: 10/29/2023

Time: 6:15am

Duration: 7:54

Synopsis: As the temperature drops and we're spending more time inside, it's important to keep our homes disease-free. Things like mold and dust mites can compromise your health. Our experts explain how to properly clean your space and give easy steps you can take to keep your family safe.

RADIO HEALTH JOURNAL

SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS?

Air Week: 11/5/2023

Time: 6:02am

Duration: 11:53

Synopsis: If you're waiting at a streetlight to turn left, you'll probably never be joined by a UPS truck. The company's computer routing system has shown that left-hand turns waste time and fuel – but Dr. Vikash Gayah says they could also be dangerous to our health. Experts dive into these road rules and offer solutions to simplify your daily errands.

RADIO HEALTH JOURNAL

OPPENHEIMER'S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION

Air Week: 11/12/2023

Time: 6:01am

Duration: 11:54

Synopsis: Researchers have been studying the lasting health effects of the atomic bomb for decades – but there's a new type of radiation scientists are worried about. Nuclear workers, medical physicians, and

the public are all being exposed to low-dose, long-term ionizing radiation. It causes cancer, radiation cataracts, and impaired cognition. Experts explain how we can protect ourselves from these dangerous rays.