

ISSUES AND PROGRAMS LIST

STATION: WGZS – Cloquet, MN

DATE: Jan. 1, 2023

DURING THE PAST QUARTER THE ISSUES SHOWN BELOW HAVE BEEN SIGNIFICANT TO OUR COMMUNITY. WE AIRED THE PROGRAMS INDICATED TO ADDRESS THEM DURING THE 4TH QUARTER OF 2023.

Staff Summary of Issues:

NA Life (FDL, Culture and Preservation, Youth, Health and Wellness)
Education **Race Relations and Social Justice**
Military Veterans Affairs **Public Safety**

Issue: Native American Life – “Protecting Native Interests with the Warnes”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 10/1/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guests, Jill Sherman-Warne (Hoopa) and Jim Warne (Oglala Lakota).

Content Description: Husband and wife team, Jill Sherman Warne and Jim Warne, join us to talk about their work protecting Native interests throughout Indian Country. You will learn more about the Native American Environmental Protection Coalition, work for First Nations peoples with disabilities, and more.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 10/1/23 **Time:** 11:02 a.m. **Duration:** 41 minutes, 59 seconds.

Format: Recorded program

Participants: Host Doug Wortham and Guests, Kristi Stites, Minnesota Department of Veteran Affairs; Keysta Stanenas, Minnesota Department of Veteran Affairs; Roger Zakrajshek, Erosion Works Minnesota, and Marty Howes, Minnesota Association of County Veteran Service Officers.

Content Description: This week, we discuss Minnesota Veteran Suicide Prevention with the Minnesota Department of Veterans Affairs, meet with a Minnesota Committee for Employer Support of the Guard and Reserve Patriot Award Recipient and get an update from the Minnesota Association of County Veterans Service Officers.

Issue: Native American Life – “The Importance of Cultural Relevance in Mental Health Treatment”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 10/8/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guest, Anne Helene Skinstad, PhD, Clinical Professor and Program Director, Native Center for Behavioral Health, University of Iowa.

Content Description: Dr. Skinstad shares personal insights into work among Native American populations relating to mental health and substance use. She shares how vital cultural relevance is when it comes to helping indigenous populations.

Issue: Native American Life – “Predicting and Preventing Drug Abuse”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 10/15/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guests Linda Stanley, PhD, and Meghan Crabtree, PhD; Tri Ethnic Center for Prevention Research, Colorado State University.

Content Description: Researchers from Colorado State University share insights into factors that help Native American youth say no to drugs.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 10/15/23 **Time:** 11:02 a.m. **Duration:** 40 minutes, 53 seconds.

Format: Recorded program

Participants: Host Tom Lyons and Guests, Director Patrick Kelly, Minneapolis VA Health Care System; Executive Director Kim Graves, Veterans Benefits Administration, St. Paul Regional Office, and Secretary Denis McDonough, United States Department of Veterans Affairs.

Content Description: This week we have recorded our 700th show live from the Minneapolis VA Medical Center. We discuss construction, specialty clinics and PACT act with the Director of the Minneapolis VA Health Care System, meet with the Veterans Benefits Administration Regional Director and listen to a special interview with the Secretary of the U.S. Department of Veterans Affairs.

Issue: Native American Life – “Full Spectrum Indigenous Health with Dr. DeRose and Guests”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 10/22/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guests Brian Hudson, COO, Toof.com; Rebeca Pelaez, LCSW, ACSW, Community Engagement and Partnership Coordinator, Alaska Veterans Affairs.

Content Description: Today's show highlights novel home dental care resources and suicide prevention services for veterans as two examples of how Native Americans and Alaskan Natives are providing indigenous options for a broad range of health needs.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 10/22/23 **Time:** 11:02 a.m. **Duration:** 42 minutes, 47 seconds.

Format: Recorded program

Participants: Host Tom Lyons and Guests, Emma O'Brien, Minneapolis VA Women Veterans Program Manager; Stefanie Hurt, Beyond the Yellow Ribbon Community Outreach Coordinator; Todd King, Meals from the Heart, and CCMSgt. Lisa Erikson, Minnesota National Guard.

Content Description: This week we learn about Breast Cancer Awareness and Screening from the Women Veterans Program Manager at the Minneapolis VA Health Care System, hear the story of a 2-time Breast Cancer Survivor who is also the Community Outreach Coordinator for Beyond the Yellow Ribbon, learn how Meals From The Heart is impacting our local communities and get an update from our Senior Enlisted Advisor.

Issue: Native American Life – “The Power of Natural Lifestyle Therapies”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 10/29/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guest Laura Harris, Doctor of Natural Medicine, WellSpring Health Ministry, CT.

Content Description: Lifestyle strategies and other natural remedies can help address chronic diseases as well as foster optimal physical and mental performance. Today’s show provides insights into these powerful natural options.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 10/29/23 **Time:** 11:02 a.m. **Duration:** 41 minutes, 48 seconds.

Format: Recorded program

Participants: Host Doug Wortham and Guests, Dave Swantek, Deputy Director of Memorial Affairs; Maj. Jakob Reding, 204th Medical Company Area Support; SSG Raul Navarro-Urena, 204th Medical Company Area Support, and Tim Leonhardt, Minnesota Patriot Guard.

Content Description: This week, we learn about the Minnesota State Veteran Cemeteries from the Minnesota Department of Veterans Affairs, meet with leadership at the 204th Medical Company Area Support and get an update from the MN Patriot Guard.

Issue: Native American Life – “The Arts and Brain Health with the Drs. David and Sonja DeRose”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 11/5/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Dr. Sonja DeRose MD.

Content Description: Medical science suggests that optimal brain health requires a connection with the arts. Gain insights into this as the DeRoses discuss examples as diverse as Native American indigenous art and Middle Eastern poetry found in The Book of Psalms.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 11/5/23 **Time:** 11:02 a.m. **Duration:** 41 minutes, 48 seconds.

Format: Recorded program

Participants: Host Doug Wortham and Guests, Ken Drevnick, Daniel Drevnick Memorial Fund; Julie Drevnick, Daniel Drevnick Memorial Fund; Todd Kemery, Minnesota Paralyzed Veterans of America, and Sandra Roy, Minneapolis VA Health Care System.

Content Description: This week, we learn about the Daniel Drevnick Memorial Fund, meet with the Minnesota Paralyzed Veterans of America and get an update from the Minneapolis VA Health Care System.

Issue: Native American Life – “Abundant Health Wellness Center Part I”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 11/12/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guest, Dana West, R.D., L.D., Co-founder and President of Abundant Health Wellness Center.

Content Description: Are you looking for help to conquer your bad habits? Dana West shares her own battle with adopting a healthy lifestyle and explains its influence on her developing the Start a New You! wellness program.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 11/12/23 **Time:** 11:02 a.m. **Duration:** 41 minutes, 50 seconds.

Format: Recorded program

Participants: Host Tom Lyons and Guests, Dave Bellefeuille, Minnesota Department of Veterans Affairs; Beth Barstow, Minnesota Department of Veterans Affairs; MSG Lowell Laudert, Minnesota National Guard, and Doug Bley, Minnesota Patriot Guard.

Content Description: Today, we discuss Veterans Day in Minnesota with the Minnesota Department of Veterans Affairs, learn about a Native American's perspective on Veterans Day from a Master Sargent in the Minnesota National Guard and get an update from the MN Patriot Guard.

Issue: Native American Life – “Abundant Health Wellness Center Part II”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 11/19/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guest, Dana West, R.D., L.D., Co-founder and President of Abundant Health Wellness Center.

Content Description: Dr. DeRose and Dana West speak with wellness program participants, Jonnie Montgomery and Ashley Roush. Gain encouragement and practical insights from Jonnie and Ashley, whose lives were changed by the Abundant Health Wellness Center.

Issue: Native American Life – “30 Days to Natural Diabetes and High Blood Pressure Control Part I”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 11/26/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guests, Opal Barrett, Sheila Adams.

Content Description: Can you dramatically improve your diabetes or high blood pressure in 30 days or less? Dr. DeRose shares live interviews and audio footage from his free lifestyle program that has already helped thousands.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 11/26/23 **Time:** 11:02 a.m. **Duration:** 41 minutes, 54 seconds.

Format: Recorded program

Participants: Host Doug Wortham and Guests, Col. Jesse Carlson, 133rd Airlift Wing; CMSgt Richard Schumacher, 133rd Airlift Wing; Jean Kim Maierhofer, Minnesota Department of Veterans Affairs, and CCM Lisa Erikson, Minnesota National Guard.

Content Description: This week, we meet with the command team at the 133rd Airlift Wing, learn about the Diversity, Equity, Inclusion and Accessibility (DEIA) Program at the Minnesota Department of Veterans Affairs and get an update from the Command Senior Enlisted Leader of the Minnesota National Guard.

Issue: Native American Life – “30 Days to Natural Diabetes and High Blood Pressure Control Part II”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 12/3/23 **Time:** 10:02 a.m. **Duration:** 58 minutes
Format: Recorded program via Native Voice One
Participants: Host Dr. David DeRose.
Content Description: Dr. DeRose shares footage from, and commentary regarding, his free 30-day program that uses natural strategies to help address hypertension and diabetes.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 12/3/23 **Time:** 11:02 a.m. **Duration:** 41 minutes, 51 seconds.

Format: Recorded program

Participants: Host Tom Lyons and Guests, Dennis Angell, Federal Ammunition; Jason Nash, Federal Ammunition; Jared Kutney, Federal Ammunition; Craig Ugland, Minnesota Patriot Guard, and Doug Bley, Minnesota Patriot Guard..

Content Description: This week, we meet with Federal Premium and learn about their philanthropy and community involvement. In the second half of our show we talk about leadership changes at the MN Patriot Guard.

Issue: Native American Life – “Overcoming Barriers with Drs. Congello and DeRose.”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 12/10/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guest, Neomie Congello, PhD, MSN, RN; California State University, Channel Islands.

Content Description: Dr. Congello shares her own journey of overcoming barriers to obtain her doctorate in Nursing. She then shares how she has used that background to help identify barriers that are keeping minority women from getting sufficient physical activity.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 12/10/23 **Time:** 11:02 a.m. **Duration:** 41 minutes, 53 seconds.

Format: Recorded program

Participants: Host Doug Wortham and Guests, Rep. Tom Emmer, U.S. House of Representatives; MSgt Lindsay Koolmo, 148th Fighter Wing, and Melanie Nelson, Minneapolis VA Health Care System.

Content Description: This week, we discuss Minnesota Military and Veteran Legislation with Congressman Tom Emmer, learn about the 148th Fighter Wing at the Girls Rock Wings event in Atlanta and get an update from the Minneapolis VA Health Care System.

Issue: Native American Life – “Brevard, NC: Beyond the Blue Zone”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 12/17/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guest, Kathy Brannan, Community Organizer.

Content Description: We can all play a role in improving the health of our communities. Learn how the city of Brevard, North Carolina, embarked on the journey to become a “Blue Zones” community—and how a small group of residents followed up on that commitment.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 12/17/23 **Time:** 11:02 a.m. **Duration:** 41 minutes, 50 seconds.

Format: Recorded program

Participants: Host Doug Wortham and Guests, Rachel Hammer, Center for Development and Civic Engagement; Stefanie Hurt, Beyond the Yellow Ribbon; Taylor Kristoffe-Jones, Beyond the Yellow Ribbon, and CCMSgt. Lisa Erikson, Minnesota National Guard.

Content Description: This week, we learn about Volunteering from the Director of the Center for Development & Civic Engagement at the Minneapolis VA Health Care System, meet with the Beyond the Yellow Ribbon and discuss the highlights of 2023 and what's to come in 2024 and get an update from our Senior Enlisted Leader.

Issue: Native American Life – “Reimagining Healthcare with April Kyle and Dr. DeRose”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 12/24/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guest, April Kyle (Athabascan), President and CEO of the Southcentral Foundation.

Content Description: In Dr. DeRose's interview with April Kyle, you will gain a behind-the-scenes look at the Nuka System of Care, developed through the wisdom of indigenous peoples. The refreshing approach promises to challenge you with new ways to reimagine health care in your own context.

Issue: Military Veterans Affairs

We ran the following program to address it: Minnesota Military Radio

Date: 12/24/23 **Time:** 11:02 a.m. **Duration:** 41 minutes, 49 seconds.

Format: Recorded program

Participants: Host Doug Wortham and Guests, Commander Dan Meyer, Veterans of Foreign Wars Department of Minnesota; Commander Stewart Mednick, Jewish War Veterans Department of Minnesota; Commander Paul Hassing, American Legion Department of Minnesota; Commander Ellsworth Fields, Disabled American Veterans Department of Minnesota, and Commander Todd Kemery, Minnesota Paralyzed Veterans of America..

Content Description: This week, we host our annual Commanders Task Force Holiday Show. We hear from the Commanders of these Veterans Service Organizations: Veterans of Foreign Wars Department of Minnesota, JWVMN, American Legion Department of Minnesota, DAV Department of Minnesota and Minnesota Paralyzed Veterans of America.

Issue: Native American Life – “Drs. David DeRose and Angeline Brauer on the True Causes of Disease”

We ran the following program to address it: American Indian and Alaska Native Living

Date: 12/31/23 **Time:** 10:02 a.m. **Duration:** 58 minutes

Format: Recorded program via Native Voice One

Participants: Host Dr. David DeRose and Guest, Angeline David Brauer, DrPH, MHS, RDN, Health Ministries Director, North American Division of Seventh-day Adventists.

Content Description: Dr. Angie Brauer shares her passion for disease prevention by championing and/or developing programming to improve the health of communities. Learn how these programs can help you and those you love.