

ISSUES AND PROGRAMS LIST

STATION: KSWJ 90.0 FM Alexandria, MN

DATE: April 1, 2024

During the past quarter, we broadcast the programs listed below to address community issues.

ISSUE: Blood Donation: Good for Your Community, Good for You

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 01/02/24

Time of day: 4:00 PM

Duration: 58 Minutes

Program Description:

For years, we have heard how donating blood may save someone's life, but there is accumulating evidence that donors may be helping their own health. Gain insights into this fascinating topic from one of America's experts on our blood supply. For further information: AABB.org (Nationwide)

ISSUE: The Best of Health & Longevity – Interview with Toby Sonneman

PROGRAM TITLE: Health and Longevity

Date: 01/05/24

Time of day: 2:05 PM & 4:05 PM

Duration: 28 Minutes

Program Description:

Toby Sonneman discusses lemons, their history, culinary value and their role in nutrition and health. She gives a fascinating overview of this remarkable citrus fruit that contributes to health and longevity.

ISSUE: Making Your Marriage Better Than Your Honeymoon with Kevin and Marcia Myers

PROGRAM TITLE: Family Life Today

Date: 01/08/24

Time of day: 8:05 AM & 9:05 PM

Duration: 25 Minutes

Program Description:

Remember the honeymoon phase? Do you know what has changed? Authors Kevin and Marcia Myers, help get back to where you started and rekindle the spark.

ISSUES AND PROGRAMS LIST – continued

ISSUE: A Budget is like a Fence

PROGRAM TITLE: Faith and Finance

Date: 01/09/24

Time of day: 2:30 PM

Duration: 25 Minutes

Program Description:

Christians should view budgeting not as a restrictive tool but as a liberating and wise approach to managing finances, aligning with biblical stewardship, and ensuring a more secure and intentional use of God's resources. You can hide behind your budget fence and avoid a great deal of financial danger.

ISSUE: Dr. David DeRose Answers Your Health Questions, Episode 7

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 02/13/24

Time of day: 4:00 PM

Duration: 58 Minutes

Program Description:

The DeRoses tackle more of your questions. This episode deals with topics as diverse as the dangers of marijuana smoking, lowering blood pressure naturally, and lifestyle and melatonin levels. For further information: www.TimelessHealingInsights.org

ISSUE: Make Time For Joy – Part 1

PROGRAM TITLE: Homeschool Companion

Date: 2/19/24

Time of day: 10:05 AM

Duration: 25 Minutes

Program Description:

We are the strongest in our daily walk when we are joyful. But what kills your joy? During Arts-n-Crafts we talk about ways of helping children through loss. Then we turn our attention to our guest, Linda Evans Shepherd and her book "Make Time For Joy". We ask the questions, does your prayer time consist of an ever-lengthening list of requests for yourself and other people? Did you know that you can pray that God will transform your anxious and tired heart into a joyful one?

ISSUE: Sexual Abuse, Boundaries, Reconnection, Communication, Christian Walk, Grandparenting, Grief

PROGRAM TITLE: New Life Live

Date: 2/27/24

Time of day: 12:00 PM

Duration: 48 minutes

Program Description:

Becky Brown, Dr. Jill Hubbard, Dr. Jim Burns answer caller questions; My daughter was molested by my brother-in-law when she was 5yo and I cut off relationship with them. How do I reconnect? What tools can I use to slow down the conversation with my husband when he responds too rapidly? When doors are closed, how do I know it is the Lord? I've been a widow for 2yrs after 44yrs of marriage: are there resources that can help me?

ISSUES AND PROGRAMS LIST – continued

ISSUE: The Brave Learner

PROGRAM TITLE: Homeschool Companion

Date: 2/28/24

Time of day: 10:05 AM

Duration: 25 Minutes

Program Description:

Do you want to ignite a passion for learning with your children? How does one create a welcoming learning space? Julie Bogart shares her wealth of homeschooling experience and all the strategies she has found to inspire a passion for life-long learning.

ISSUE: Is Digital Church Enough? - with Jay Y. Kim

PROGRAM TITLE: Family Life Today

Date: 3/1/24

Time of day: 8:05 AM & 9:05 PM

Duration: 25 Minutes

Program Description:

Love the flexibility of attending digital church services from your sofa? Get skeptical and discover why it impacts worship and community.

ISSUE: Power Foods for The Brain

PROGRAM TITLE: Health and Longevity

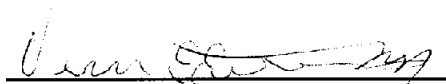
Date: 3/15/24

Time of day: 2:05 PM & 4:05 PM

Duration: 28 Minutes

Program Description:

Dr. Neal Barnard, President of the Physicians Committee for Responsible Medicine, discusses power foods for the brain. He describes how certain foods can protect your brain, optimize its function, and even reduce your risk of Alzheimer's Disease. Dr. Barnard tells about his 3 - step plan to protect your mind and strengthen your memory. He is the author of "Power Foods for The Brain - An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory".


Signature of licensee

April 1, 2024
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