

ISSUES AND PROGRAMS LIST - COMPLETE EACH QUARTER

PURPOSE: On this form, summarize a list of several issues which confront your community and the programs you ran to address each. See 73.3526(a)(9) or 73.3527(a)(7). Do not rely on PSAs to satisfy this requirement. While an FCC inspector may not object, PSAs mean virtually nothing if your license renewal is challenged!

STATION: KOPJ 89.3 FM Sebeka, MN DATE: April 1, 2018

(retain for seven years from above)

DURING THE PAST QUARTER, THE ISSUES SHOWN BELOW HAVE BEEN SIGNIFICANT TO OUR COMMUNITY. WE RAN THE PROGRAMS INDICATED TO ADDRESS THEM.

Issue: **Stress Management**

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Health & Longevity

Date: March 9 & 11, 2018 Time of day: 4:00 P.M. Duration: 28 minutes

Brief Description of Program: (Format, participants, content, etc.):

Host Dr. John Westerdahl interviewed Skip McCarty, developer of *Stress: Beyond Coping*, a stress management training program. Gave strategies to reduce stress and to learn to convert negative stress into positive stress, harmful stress into healthy stress. Resources include a workbook and an online course available at: www.stressbeyondcoping.com.

Issue: **Conflict in Relationships**

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Family Life Today

Date: Jan. 17, March 10, 2018 Time of day: 8:00 A.M. Duration: 28 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Conflict happens in many relationships and settings. Dennis Rainey & Bob Lapine interviewed Bob Diehl and others about how to handle conflict and improve communication. Attorney Ken Sande, author of *The Peacemaker*, shared how to constructively resolve conflict. Resources: www.familylifetoday.com, Book: *The Peacemaker*.

Issue: **Drug and Alcohol Addictions**

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): American Indian Living

Date: March 27, 2018 Time of day: 4:00 P.M. Duration: 58 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Drug and alcohol addiction are nationwide problems. Host David DeRose, MD, and his guest Brady Granier, RN and CEO of BioCorRx, discussed new medical therapies combined with an addiction treatment program developed by BioCorRx that offer help and hope for those with addictions. Resources at: www.CRIHB.org; or www.compasshealth.net.

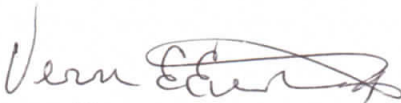
Issue: **Finances: Impulse Spending**

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): MoneyWise

Date: March 5, 2018 Time of day: 2:30 PM Duration: 28 Minutes

Brief Description of Program: (Format, participants, content, etc.):

Hosts Rob West and Steve Moore gave tips to avoid impulse spending and how spontaneous purchases can affect your budget. They answered financial questions about how to leave the workplace to stay at home with a child, home improvements, and others. Resources offered included: *Free and Clear*, and *Money and Marriage*, available on www.Compass1.org or by calling 1-800-525-7000.



Signature of licensee
BBO3/13F6/0595

April 1, 2018

Date