

ISSUES AND PROGRAMS LIST - COMPLETE EACH QUARTER

STATION: KOPJ 89.3 FM Sebeka, MN

DATE: January 1, 2019
(retain for seven years from above)

During the past quarter, the issues shown below were significant to our community. We ran the programs indicated to address them. See 73.3526(a)(9) or 73.3527(a)(7).

ISSUE: Opioid Addiction

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Family Life Today
Date: 10/1/18 -10/3/18 Time of day: 8:00 AM + 9:00 PM Duration: 28 Minutes
Brief Description of Program: (Format, participants, content, etc.):

Opioid-based pain pills cause thousands of deaths each year. Many thousands struggle with opioid addiction. Rick Van Warner shared his journey of trying to help his addicted teen son. Program podcasts and other resources are available at: www.familylifetoday.com

ISSUE: Finances: Using Credit Cards, Credit Card Debt

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Moneywise
Date: 12/26/18 Time of day: 2:30 PM Duration: 28 Minutes
Brief Description of Program: (Format, participants, content, etc.):

There are many temptations to use a credit card. Financial expert Rob West shared 4 Rules for Using Credit Cards. Follow these rules and you'll never get into credit card debt. Resources available on www.kingdomadvisors.org, www.moneywise.org or by calling 1-800-525-7000.

ISSUE: Education

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): American Indian Living
Date: 10/16/18 Time of day: 4:00 PM Duration: 58 Minutes
Brief Description of Program: (Format, participants, content, etc.):

Guests Jean Marie Fish, author of *The Healthy Clothes Closet*, and Stephen Carlile, with Host Dr. David DeRose, discussed educational opportunities for youth. They also shared a unique educational intervention for women focused on the health effects of proper clothing. For more information: HolbrookIndianSchool.org

ISSUE: Our Mind & Heart Health

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): HeartWise
Date: 10/22/18 Time of day: 4:00 PM Duration: 28 Minutes
Brief Description of Program: (Format, participants, content, etc.):

Heart disease is the #1 killer. Cardiologist James Marcum, M.D., author of *The Heart of Health: Avoiding Deception*, discussed preventing and treating disease. The human heart and the human mind are interconnected in some profound ways. Dr. Marcum examined how our thoughts impact our health and vice-versa. Disease prevention is vital in all areas of the body, including our thoughts. Resources at: www.heartwiseministries.org

ISSUE: Heart Disease

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

Health & Longevity

Date: 10/5/18 + 10/12/18

Time of day: 4:00 PM

Duration: 28 Minutes

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

Heart Disease is the #1 killer in America! Dr. John Westerdahl interviewed Dr. Caldwell Esselstyn M.D., author of *Prevent and Reverse Heart Disease*. Dr. Esselstyn shared medical research which proves heart disease can actually be reversed with lifestyle choices. For book and other resources: www.heartattackproof.com

ISSUE: Stress

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

American Indian Living

Date: 12/4/18

Time of day: 4:00 PM

Duration: 58 Minutes

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

We all face stresses and challenges in life that can threaten our health and well-being, but how can we bounce back and thrive? Host Dr. David DeRose interviewed Dr. Joni Bokovoy DrPH, Preventive Care Specialist, who shared insights into how you can boost your resilience to help you deal better with physical, emotional, and mental health stresses. Resources are available at: www.AmericanIndianLiving.org

ISSUE: Abuse/Domestic Violence

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

Family Life Today

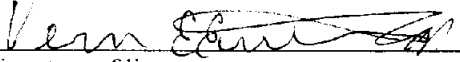
Date: 12/5/18

Time of day: 8:00 AM + 9:00 PM

Duration: 28 Minutes

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

Author and family therapist Dr. Ramona Probasco shared what it's like to be married to an abusive man, how to deal with an abusive spouse, and how to heal from the trauma it causes. Dr. Probasco also shared how abuse affects children in the family. Program podcasts, the book *Healing Well and Living Free from an Abusive Relationship: from Victim to Survivor to Overcomer* by Ramona Probasco, and other resources are available at: www.familylifetoday.com


Signature of licensee
BBO3/13F6/0595

January 1, 2019
Date