

QUARTERLY ISSUES/PROGRAMS LIST

There follows a listing of some of the significant issues responded to by Station KNEQ, along with the most significant programming treatment of those issues for the period 2/13 to 3/13. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
Legislative Update	Interview on arena	2/2	Noon	15 min	Update from State Rep Steve Green
"	"	2/9	"	"	" " Deb Kiel
"	"	2/16	"	"	" " Steve Green
"	"	2/23	"	"	" " Dub Kiel
"	"	3/2	"	"	" " Steve Green
"	"	3/9	"	"	" " Dub Kiel
"	"	3/16	"	"	" " Steve Green
"	"	3/23	"	"	" " Dub Kiel

The Missy Oh Show
January

January 6th
Barbara Marshel
Eating Disorders
Barbara is a T.V. talk show host who shared her battle with eating disorders, low self esteem, and a troubled marriage. She has written a book called Ransomed which explores the lives of the women of the Bible. She talked about her eating disorders and the struggles she had while growing up. She offered advice to youth and parents that may be going through the struggles right now of eating disorders and also low self esteem. She is also a speaker to various audiences around the country.

January 13th
Mary Beth Lagerborg
Dwelling
Mary Beth is an author who shared from her book Dwelling, Living fully from the space we call home. She shared her thoughts on how to live within your home that is pleasing to all that live there. She talked about being aware of what everyone needs as well as giving everyone in the home space to become all that they can be. She believes that having God in the home and a central part of the home is very important.

January 20th
Mrs. Mikey Hoeven
Holy Land Experience
Mrs. Mikey Hoeven shared about the experience she and her husband John experienced while in the Holy Land. She shared where they went as well as what they saw while there. She shared people that they visited with while there and what they talked about. She asked that we pray for our nation and what we are going through. She also asked that we pray for those in Israel.

January 27
Chris Brady
A Month of Italy
Chris Brady shared from his book A Month of Italy. He talked about taking a break and getting away on a radical sabbatical. He said we should try to get away on an extended vacation for a month to really learn to relax and get to know the ones we love. He thinks that we spend too much time on electronics and that we should limit our time on them. He says if you cant get away for a month at least try to get away by doing something different and out of the normal routine. Try to enjoy your life and not make it all about your schedule and how busy you can make yourself.

The Missy One Show
February 2013

February 3rd Pastor Mark Ellingson shared about Hospice Care in our area. We talked about the actual service of Hospice as well as who can use the services, how to help volunteer and donate to Hospice.

February 10th Donna and Pastor Diverse Care They came in and talked about Diverse Care at their church as well as internationally through the program has to offer. They shared the different classes that are provided what the program has to offer. We also talked about the percentage of the people that come to the classes that are not affiliated with a church

February 17th re air of Pastor Kristen and Keri Wyatt Kent Sabbath We talked about not being to busy for God and taking time to pray. We also talked about not overbooking your schedule and doing what God asks us to do in life rather than just doing to be busy especially when it comes to our kids and getting them over booked with many different things such as sports, school and other activities

February 24th Pastor Troy Troftgruben Part 1 on Prayer We talked about the power of Prayer. We also talked about different places to go in the Bible to find answers on prayer. We both shared personal stories as well as talked about Phillip Yancy's book on Prayer and that we are not alone in our questions about prayer.

The Missy Ohe Show
March

March 3rd Pastor Troy Troftgruben Part 2 on Prayer
In the second show we talked about finding time for prayer and how prayer affects a person in many ways in their lives. We also talked about finding and feeling the peace that God has to offer. We also talked about the question of What role do I play in being the hands and feet of God in my daily life.

March 10th Mary Beth Lagerborg Retelling
Mary Beth shared from her business of Retelling. She shared the importance of sharing your heritage as well as meanings you find about life to be important with your family. She talked about hiring a professional as well as ways and places to find questions to ask family members

March 17th Chris Rosebrough Apologetics
Chris came on to talk about false teachers and his findings of the truth within the Bible. Chris is an expert within the teachings of the Bible. He came to ND to speak on his knowledge of the Bible and how to discover if you are being told the truth within what you are being told by others about the Bible.

March 24th Chad Omdahl Trip to Haiti
Chad told the audience about his mission trip to Haiti and what he saw when he was there. Chad shared his experiences as well as helping others discover Jesus. He said that he is going back to Haiti and invited listeners to contact him regarding taking the trip with them as well as adoption of children from Haiti.

March 31st John Tillier
John came on to talk about his family's journey over the past 10 years. Their son Eli fell out a second story window at their family home. They have found that God was with them the whole time. They have seen God's work in their lives and how their son Eli has touched so many people. They also talked about going around and sharing their family's message to youth groups as well as other groups around the country.

February 5th, Tuesday: Dr James Dobson/Fatherless book-his first fiction book
about the book: it's 2042, and a long-predicted tipping point has arrived: For the first time the elderly outnumber vigorous young people, creating an untenable economic and moral situation. How will a debt-crippled nation pay for the health care needs of a growing number of seniors living longer? As laws change allowing the elderly to end their lives, they become viewed as financial liabilities, as do the disabled. Jaundiced eyes turn toward any couple with more than two children, making the problem worse.

February 8th, Friday: Finish Strong Friday's with Rick Holmberg, founder of 2 Levels Up Coaching.

This week we'll talk about Overcoming Procrastination. We'll look at three steps to deal with, recognize and control procrastination as well as the Urgent/Important Matrix which has a tendency to drive all of us from time-to-time. Hopefully this will be a useful topic for the listeners.

February 14th, Thursday: Kinda Wilson – author - *Confessions of a Non-Barbie: A Real Girl's Guide to Finding Beauty and Pursuing Happily Ever-After*

Kinda shares the feelings of many girls in their teens and twenties: Dating can be complicated! By taking on such issues as self-esteem, appearance, dating, breaking up, and being single, Kinda pairs humor and real-life situations to help girls know they are not alone.

February 15th, Friday: Finish Strong Friday's with Rick Holmberg, founder of 2 Levels Up Coaching.

This week I want to talk about how do you respond to a difficult or less than optimal situation. I have several questions I'll be asking and we'll cover the formula: E + R = O which will give the listeners a plan they can use in the future. I'll explain the formula during the program.

February 19th, Tuesday: Finding Favour-lead singer Blake Neesmith.
Finding Favour is a Christian rock band from Vidalia, GA consisting of Blake Neesmith (vocals), Ricky Dunn (lead guitar, piano), Dustin Daniels (bass) and Allen Dukes (guitar). Discussion about their hit song Slip on By and how they live out their lives in Christ and impact communities and youth across the nation.

February 22nd, Friday: Finish Strong Friday's with Rick Holmberg, founder of 2 Levels Up Coaching.

This week we'll talk a little more about habits and "What Do You Need To Get Rid Of?" In specific what things do you need to remove from your life to move ahead. *2 Kings 3.15-20.*

February 26th, Tuesday: Monica Danielson & Christen Hill

What Not To Wear at Grace Baptist church in Grand Forks. Be encouraged as you learn how to dress your body for the size and shape you are right now! Learn how to dress appropriately for the occasion. This will be a fun fashion show style event with great music, food, prizes and fun! It's been said, "Immodest and attractive is easy; modest and frumpy easier yet; but modest and attractive is a delicate art."

March 6th, Wednesday: Dr James Dobson/Fatherless book-his first fiction book
about the book: it's 2042, and a long-predicted tipping point has arrived: For the first time the elderly outnumber vigorous young people, creating an untenable economic and moral situation. How will a debt-crippled nation pay for the health care needs of a growing number of seniors living longer? As laws change allowing the elderly to end their lives, they become viewed as financial liabilities, as do the disabled. Jaundiced eyes turn toward any couple with more than two children, making the problem worse.

Caught in an intensifying battle between competing cultural agendas is reporter Julia Davidson—a journalist seeking to revive a flagging career; influential young Congressman Kevin Tolbert, a Christian facing his own dilemmas; and a supporting cast of engaging characters who find themselves deep in an ominous conspiracy.

March 6th, Wednesday: Autumn Leva, spokesperson, Minnesota for Marriage

www.minnesotaforn Marriage.com

Discussion about: High Court to Rule on Redefinition of Marriage, MN March for Marriage

March 8th, Friday: Finnish Strong Friday's with Rick Holmberg, founder of 2 Levels Up

Coaching.

This Friday we'll talk about Change - "Make Change About the Gains, Not the Losses."

And it's really the expectation of three kinds of pain that makes us fear change:

- 1) Expectation of loss
- 2) Expectation of process pain
- 3) Outcome pain

March 15th, Friday: April Swebby

details about the upcoming speaking event with Abby Johnson. Abby Johnson is an American pro-life activist. Johnson had previously worked at Planned Parenthood as a clinic director, but resigned in October 2009. She later stated that she resigned after watching an abortion on ultrasound. She will be speaking in Fertile on Monday night, the 18th of March.

March 15th, Friday: Finnish Strong Friday's with Rick Holmberg, founder of 2 Levels Up

Coaching.

This week we'll talk about "Working With People You Don't Like." From time to time we all have to deal with people we don't like or get along with and I have six strategies to help the listeners in this area. It will take a couple of weeks to cover this we'll talk this week about:

1. Understanding the Situation - Is the person trying to just be difficult or are they preventing you from doing your job.

2. Analyze Why - why don't I like this person?
3. Try to Connect - what character traits do they have that you may like?

March 22nd, Friday: Finish Strong Friday's with Rick Holmberg, founder of 2 Levels Up Coaching.
 On Friday we'll finish up "Working With People You Don't Like."
 We'll end with:

Talk It Out
 Manage Your Emotions
 Keep Negativity To Yourself

March 27th, Wednesday: An interview with brain health expert Mark Underwood
 Neuroscience researcher Mark Underwood is an expert on the topic of brain aging and helps people understand what they can do to improve brain function. Mark is president and co-founder of Quincy Bioscience, a biotech company located in Madison, Wisconsin.

March 28th, Thursday: Lisa & Wayne Piche from the North East Human Service
 Discussion about the growing need for foster parents.
 Foster parenting requires no extraordinary talent - just patience, flexibility, and the ability to provide a stable family life during a time of crisis and until a permanent living plan can be arranged.

Lisa R. Piche, LSW
 Assistant Regional Supervisor
 Northeast Human Service Center
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March 29th, Friday: Johnathan Steingard, lead singer of the Christian band Hawk Nelson Hawk Nelson is a Christian punk band from Peterborough, Ontario. The band has become very popular in the Christian music scene and was voted "Favorite New Artist" by CCM Magazine in their February 2006 Reader's Choice Awards