

ISSUES PROGRAMS LIST

Quarterly Issues Programs List for KTMY-FM

Coon Rapids, MN

January 1st – March 31st, 2024

Placed in the Public File – April 5th, 2024

Section I. Issues

The station has identified the following issues as significant issues facing our community in this quarter:

- A. Health issues**
- B. LGBTQ+ issues**
- C. Community issues**
- D. Sexual Awareness issues**
- E. Children's issues**
- F. Women's issues**

Section II. Responsive Programs

The station has broadcast programming dealing with each of the above referenced issues. Programming dealing with each issue is set out below.

A. Health issues

Donna and Steve

3/12/24

1:12pm, 8 min

NEW FITNESS TREND: EXERCISE SNACKING

Dawn and guest co-host Chris Egert discuss a new fitness trend, “exercise snacking.” This technique incorporates small workouts throughout the day while working or doing other tasks, breaking up your full routine and making one’s workouts more manageable. Health experts say it works well because it’s easier for someone to do this rather than build your daily routines around a workout. Even though it doesn’t feel like a lot, exercise snacking has a big health impact due to breaking up your sedentary time and accelerating your heart rate.

Donna and Steve

1/26/24

9:05am, 7 min

MEN’S HEART HEALTH: STEVE PATTERSON’S TRIP TO THE ER

Donna and Steve discuss Steve’s surprise trip to the emergency room. Experiencing odd chest pains, and having experienced heart issues in the past, Steve decided to seek urgent care as a precaution. He started having heart attack-like symptoms and felt like seeing a doctor was the best decision. Steve reminds listeners to pay attention to their bodies, and that seeing a medical professional is not overreacting. Donna agrees, and places emphasis that men, who stereotypically avoid going to the doctor, should not ignore their health if something seems off.

Lori and Julia

2/15/24

3:30pm, 20 min

INTERVIEW: SLEEP SPECIALIST SARAH MOE

Lori and Julia interview Sleep Specialist Sarah Moe. She started her career in Sleep Medicine in 2006 and she is the founder of Sleep Health Specialists, which provides sleep education to businesses and corporations. Moe also sat on the Board of Directors for the Minnesota Sleep Society. Moe discusses health or fitness related New Year's resolutions and how most people give up on them by the end of February. She talks about the role sleep plays in the success (or failure) of these goals. She also shares tips on how to mitigate possible negative effects of daylight saving time. Moe also shares tips and resources for better sleep when faced with burnout.

B. LGBTQ+ issues

Jason and Alexis

3/20/24

8:30am, 10 min

INTERVIEW: SINGER DAVID ARCHULETA

Jason and Alexis interview former “American Idol” contestant and performer David Archuleta. Talking with Jason and Alexis, Archuleta opens up about coming out in 2021. He also discusses being honored with a 2024 GLAAD Media Award for Outstanding Breakthrough Music Artists and participating in a tribute to Paula Abdul at the 2024 Queerties, an award show that honors the LGBTQ+ community's brightest stars and innovators.

Bradley and Dawn

3/28/24

1:03pm, 10 min

LGBTQ IN SPORTS: NFL QB CALEB WILLIAMS SUBJECT TO HOMOPHOBIA

Producer Mike shares a story about future NFL quarterback Caleb Williams facing homophobic comments and backlash on social media due to his personal style that he wore to a basketball game. Williams expressed frustration and sadness at the homophobia and racism that can be found in sports fandom, especially on social media. Bradley, Dawn, and Mike discuss how this kind of discourse often leads to athletes not being open about being public with their LGBTQ identity. Bradley and Dawn reflect on this in their own lives, noting how as children, there were few, if not any, openly gay peers at their schools.

Lori and Julia

1/25/24

4:30 pm, 8 min

INTERVIEW: KYLA SISSON, LGBTQ+ OUTREACH COORDINATOR, WINGSPAN LIFE RESOURCES

Lori and Julia interview Kyla Sisson, LGBTQ+ Outreach Coordinator at Wingspan Life Resources. Wingspan is a non-profit organization that offers residential care in group homes and in-home programs to adults with developmental disabilities. They are licensed by the State of

Minnesota to care for as many as 120 individuals in 30 residential facilities in Hennepin, Ramsey and Dakota counties. Kyla works with Wingspan to increase support for LGBTQ+ people with intellectual and developmental disabilities.

C. Community issues

Jason and Alexis

1/4/24

7:30am, 10 min

INTERVIEW: PAT SUKHAM, CEO, BIG BROTHERS BIG SISTERS TWIN CITIES

Alexis and guest co-host Eric Perkins interview Pat Sukham, CEO of Big Brothers Big Sisters Twin Cities. BBBS Twin Cities is launching a new initiative this month to recruit adults into their mentoring program called “The Big Recruit.” The non-profit organization pairs adult mentors with children and teenagers who would benefit from a positive adult relationship in their lives. Their goal is to recruit 240 adult volunteers in 60 days. Currently, 500 youths await their mentor match, and getting more adults to participate in the BBBS program would help fill the need.

Donna and Steve

1/11/24

9:12am, 8 min

INTERVIEW: KILEY BENSON, LOAVES AND FISHES

Donna and Steve interview Kiley Benson from the local non-profit organization, Loaves and Fishes and their free hot meal program. They share Loaves and Fishes 30+ locations around the Twin Cities and discuss the organization's extensive program that assists those in need of a hot meal. Benson tells listeners that anyone is welcome at Loaves and Fishes. They also talk about the impact of inflation on food prices and how it's driving record demand for Loaves and Fishes services. Benson also makes a call for volunteers and financial support for the program.

Bradley and Dawn

2/4/24

2:04 pm, 10 min

INTERVIEW: STAR TRIBUNE COLUMNIST JOY SUMMERS ON BEST LOCAL PIZZA

Bradley and Dawn interview Star Tribune food columnist Joy Summers on National Pizza Day to discuss an article she wrote highlighting the best pizza in the Twin Cities. Some of the top pies include the vegan pizza at Oro in Minneapolis, Mavericks in St. Paul, and the margarita pizza at Tonos Pizza, which has multiple locations across the metro area.

D. Sexual Awareness issues

Jason and Alexis

3/25/24

7:35am, 6 min

OZEMPIC BABIES: HOW THE DRUG MAY AFFECT FERTILITY

Jason and Alexis discuss the phenomenon known as “Ozempic babies.” Semaglutide drugs like Ozempic and Mounjaro, used to treat Type-2 diabetes, often cause users to lose weight. Some women, who may have experienced infertility issues in the past, are finding themselves unexpectedly pregnant after semaglutide use. Experts point to weight loss as a possible reason for these pregnancies, as obesity can be a factor in fertility. Jason and Alexis remind users of these drugs to also be mindful of using contraceptives, like condoms or birth control.

Donna and Steve

2/8/24

11:13am, 7 min

HEALTH COMMUNICATION TACTICS IN INTIMATE RELATIONSHIP

Donna and Steve discuss a study that outlines phrases and terms often used in open and healthy intimate relationships. They talk about using “I feel” statements as a good communication tactic. Saying phrases like “I feel scared” or “I feel like you don’t understand me right now” are useful

ways to share emotions without accusations. Also, during conflict, using phrases like “let’s start again” and “can we take a break and come back to this later” establish healthy boundaries and respect. Both Donna and Steve share their own experiences and feelings toward using these sorts of words in their own intimate relationships.

Bradley and Dawn

2/24/24

12:06pm, 9 min

SEXUAL ASSAULT ALLEGATIONS AGAINST SEAN “DIDDY” COMBS

Bradley and Dawn share details and their thoughts on the sexual assault allegations brought toward music empresario, Sean “Diddy” Combs. A member of Diddy’s staff alleges that not only was he repeatedly sexually assaulted by the star, but that he was “groomed” by Combs. Details shared in these new allegations include Diddy being openly naked around the accuser and waking up confused in a bed next to Diddy and two sex workers.

E. Children’s issues

Lori and Julia

1/19/24

4:00pm, 17 min

INTERVIEW: JOE MAUER AND JOE SCHMIDT, “THE RIGHT THING TO DO: THE JOE MAUER STORY”

Lori and Julia interview former Minnesota Twins baseball player, Joe Mauer and sportscaster Joe Schmidt about their new kids’ book, “The Right Thing To Do, The Joe Mauer Story.” Written by Schmidt, “The Right Thing To Do” follows Mauer as he grows up from a child athlete to baseball superstar, and how he learns to be a good friend along the way. Based on a true story from Mauer’s childhood, the book illustrates how kindness played a role in his childhood. They talked about how this children’s book teaches important lessons about making good choices, and how the power of kindness leads to success. 100% of the profits from “The Right Thing To Do”

will benefit the non-profits Thumbs Up and Highland Friendship Club. The Highland Friendship Club serves teens with disabilities by providing a range of opportunities to develop lifelong skills, friendships and connections within their community. Thumbs Up's mission is to bring awareness to mental health and provide support and resources to all.

Donna and Steve

1/9/24

9:36am, 7 minutes

NEW CHILDHOOD OBESITY HEALTH GUIDELINES

Donna and guest co-host Matt Belanger discuss details about the new guidelines regarding childhood obesity set by The American Academy of Pediatrics. Now, the organization suggests that children who struggle with obesity should be evaluated and treated early and aggressively. The long-term effects of obesity are so severe that steps that once seemed extreme are now to be explored, such as medication or surgery. Donna, Matt, and Mike talk about these new guidelines and also discuss the difficulty in affording and accessing healthy food.

Bradley and Dawn

3/15/24

5:30 pm, 7 minutes

“QUIET ON SET: THE DARK SIDE OF KIDS TV” AND CHILD ABUSE

Dawn and guest co-host Paul McGuire Grimes discuss the preview of the upcoming docuseries, “Quiet on Set: The Dark Side of Kids TV.” After listening to the trailer, Dawn and Paul talk about how important shows like these are in helping to shed light on not only child abusers, but to also give viewers insight into recognizing and identifying behavior that might put children at risk. Paul draws parallels to this story about abuse on the set of Nickelodeon children's show to that of the Catholic Church, which covered up child abuse at the hands of priests.

F. Women's issues

Jason and Alexis

3/6/24

7:03am, 10 min

PAYING TRIBUTE TO OUR ELDER FRIEND, LIZ SMITH

Jason and Alexis share the news that the show's elder friend, Liz Smith, died over the weekend. Liz had been a regular contributor to "Jason and Alexis in the Morning" for several years through her connection to the non-profit organization, Friends & Co, which provides meaningful connection for older adults throughout the Twin Cities. Jason and Alexis remember Liz for her vivacious personality and fascinating life story. Liz was a school teacher for years and she pursued an independent life, something of a rarity for a woman her age, given societal circumstances in which she lived.

Donna and Steve

3/14/24

9:39am, 10 min

OLIVIA MUNN'S BREAST CANCER DIAGNOSIS AND TREATMENT

Donna and Steve discuss actor Olivia Munn's year-long breast cancer journey. She shared the story on Instagram, revealing it started in February 2023 after she got a proactive genetic test and her regular mammogram. Both tests cleared her of cancer. However, two months later she was diagnosed with breast cancer. According to Munn, after her negative results, she sought further testing, x-rays, MRIs, and a biopsy, which led to the discovery of a fast-growing form of cancer that would have not been detected until her next scheduled mammogram. Munn encouraged everyone to get additional cancer testing if their OB=calculated "lifetime risk" for cancer exceeds 25%.

Lori and Julia

2/18/24

5:30 pm, 5 min

FIRST ORAL CONTRACEPTIVE PILL AVAILABLE OVER THE COUNTER IN THE U.S.

Lori and Julia discuss the first oral contraceptive pill to be available without a prescription in the United States. This daily pill will become available in early March 2024, and it will be sold online and at drugstores, convenience stores and supermarkets later in the month. Lori and Julia emphasize the importance of contraceptive access because the drug itself has been around for decades but only by prescription, and people have been working for nearly a decade toward making it available over the counter. It's over the counter availability provides women easier access to the contraceptive pill. Lori and Julia express their joy that this has finally happened and encourage listeners to look into more resources about the pill and how they can access it.