

ISSUES AND PROGRAMS LIST

STATION: KOPJ 89.3 FM Sebeka, MN

DATE: October 1, 2020

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

ISSUE: Community Crisis Management & Emergency Preparedness

PROGRAM TITLE: Homeschool Companion

Date: 7/22/20 + 7/23/20

Time of day: 10:05 AM

Duration: 25 Minutes

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

Host Rose Gamblin interviewed Jannah Scott, U.S. Department of Homeland Security Deputy Director, Center for Faith-Based & Neighborhood Partnerships, on issues of emergency preparedness, community resilience, whole community engagement in crisis management. Also discussed development of policies, standards and protocols for government work with private sector groups. Podcast: <https://lifetalk.net/podcast-episodes/standing-on-the-wall-part-2/>

ISSUE: Learning and Nutrition, Helping Kids Think

PROGRAM TITLE: Heartwise

Dates: 8/20/20

Time of day: 4:05 PM

Duration: 28 Minutes

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

What a child eats profoundly affects how well he or she thinks. This has been proven by the Physicians Committee for Responsible Medicine (PCRM). Colin Schartz, director of government affairs for PCRM, shared the latest findings and methods for bringing healthful lunches into public schools. (www.healthyschoollunches.org).

ISSUE: Keeping Children Safe

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 9/8/20

Time of day: 4:00 PM

Duration: 58 Minutes

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

Our children face a variety of threats -- many of which are commonly overlooked. Program Host David DeRose, MD, interviewed two guests who shared ways to keep our children safe. For further information, visit: www.safekids.org
Program podcast: www.LifeTalk.net/podcasts

ISSUE: Health, Chronic Diseases, Stronger Immune Systems to fight Disease

PROGRAM TITLE: Health and Longevity

Date: 9/20/20

Time of day: 2:05 PM

Duration: 28 Minutes

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

Dr. John Westerdahl gave tips for food and fitness that can improve health. He also reported research findings on soy as an effective alternative to HRT for menopausal women. Program podcast at www.LifeTalk.net.

ISSUE: Community Health

ISSUES AND PROGRAMS LIST – Page 2

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 9/22/20

Time of day: 4:00 PM

Duration: 58 Minutes

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

Dr. David DeRose interviewed physician and researcher Eddie Ramirez, MD, about simple practices to dramatically improve individual health and the health of your community. Resources: LifeTalk.net; www.LifeTalk.net; & www.LifeTalk.net; Podcast: LifeTalk.net/podcasts. Bonus Video: <https://youtu.be/0jKw4oGL17>

ISSUE: Parenting for Successful Kids

PROGRAM TITLE: Family Life Today

Date: 9/22/20 + 9/23/20

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

Duration: 28 Minutes

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

Hosts interviewed Bryan Loritts, author of *The Dad Difference: The 4 Most Important Gifts You Can Give to Your Kids*, about the most important gifts a child needs from his/her father. Program podcast and resources at FamilyLife.com

ISSUE: COVID-19 Pandemic Updates

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 9/29/20

Time of day: 4:00 PM

Duration: 58 Minutes

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

The COVID-19 pandemic has brought many challenges. Dr. David DeRose, MD, interviewed Dr. Greg Steinke, MD, MPH, on the best news about the worldwide battle with this novel virus. Dr. Steinke also helped listeners with diabetes and high blood pressure. His Book: *30 Days to Natural Blood Pressure Control*. Podcast: lifetalk.net/podcasts

ISSUE: Housing Costs & Home Maintenance Savings

PROGRAM TITLE: MoneyWise

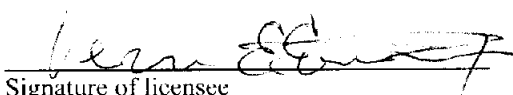
Date: 9/30/20

Time of day: 2:30 PM

Duration: 25 Minutes

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

Rob West shared ways to save money on housing, home maintenance, and energy costs. He also answered caller questions about how to pay down a home mortgage, earning income along with Social Security payments, and others. Program podcasts and resources at: www.Moneywise.org.


Signature of licensee

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