

ISSUES AND PROGRAMS LIST

STATION: KOPJ 89.3 FM Sebeka, MN

DATE: April 1, 2019

During the past quarter, the issues shown below were significant to our community. We ran the programs indicated to address them. Sec 73.3526(a)(9) or 73.3527(a)(7). (Retain for seven years from above.)

ISSUE: Pornography and Children

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

Date: 2/14/19

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

Duration: 28 Minutes

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

Pornography is an epidemic in our country. Kristen Jenson, author of the Good Pictures, Bad Pictures series of read-aloud books, was interviewed about porn-proofing young children. A desperate mom whose teen was sexually molesting his younger siblings after viewing porn asked for her help, so Jenson created a book that parents can read to their children to warn them about the dangers of porn. Program podcasts and other resources are available at: www.familylifetoday.com and ProtectYourMind.org

ISSUE: Bullies and Bullying

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

Date: 3/7/19-3/8/19

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

Duration: 28 Minutes

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

Some kids who are bullied contemplate suicide. Jonathan McKee gave wise advice for parents about what to do if their child is being bullied. McKee is the author of over 20 books including *The Teen's Guide to Social Media & Mobile Devices*. He provides free resources for parents and youth workers at TheSource4YM.com. Program podcasts and other resources are available at: www.familylifetoday.com

ISSUE: Finances: Paying Debts, Avoiding Bankruptcy

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

Date: 3/6/19

Time of day: 2:30 PM

Duration: 28 Minutes

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

Host Rob West gave ideas for how to earn extra cash for paying off debts, such as tutoring, selling photos, and pressure-washing homes and driveways. He also answered caller's questions about finances. Program podcasts and other resources are available at: www.Compass1.org or by calling 1-800-525-7000.

ISSUE: Diabetes, Food Addictions

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

Date: 3/8/19

Time of day: 4:00 PM

Duration: 28 Minutes

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

Diabetes causes deaths each year and costs millions of dollars for health care. Host Dr. John Westerdahl interviewed Gita Patel, registered dietician and certified diabetes educator, about how to use foods, herbs and spices to regulate blood sugar, lower cholesterol and boost health. Her book *Blending Science and Spices*, and other resources are available at: www.feedinghealth.com Program podcasts are available at: www.LifeTalk.net.

ISSUE: Military Veterans Needing Help

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

Date: 2/26/19

Time of day: 4:00 PM

Duration: 58 Minutes

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

Many Americans who faithfully served in the military face long-term physical and mental challenges from their years of service. Dr. David DeRose interviewed guests Daniel King, Safety Coordinator, Oneida Nation of Wisconsin; Co-chair, NCAI Veteran's Committee; and Carol Scott, Attorney, Bergman & Moore Law Firm. They discussed challenges faced by veterans as well as key sources for help. For further information, contact: dan1952king@gmail.com; or www.vetlawyers.com, info@vetlawyers.com

ISSUE: Medicines that Kill

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

Date: 2/28/19

Time of day: 4:00 PM

Duration: 28 Minutes

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

Prescription medicine abuse and overuse causes more deaths each year than illegal substance abuse. Among 35 to 54 year-olds, poisoning by prescription drugs is the most common cause of accidental deaths. Dr. James Marcum, author of *Medicines That Kill*, discussed the addictive power of prescription medication and how we can protect ourselves and our family by practicing healthy habits. Program podcasts and other resources at: www.Heartwiseministries.org

ISSUE: Health: #1 Killer of Americans

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

Date: 3/7/19

Time of day: 4:00 PM

Duration: 28 Minutes

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

Heart disease is the #1 killer of Americans. Clogged arteries in your body, just like clogged water pipes in your home, mean trouble. Cardiologist James Marcum, MD, answered important questions concerning heart disease: how to survive it, and more importantly, how to prevent disease from developing. Program podcasts and other resources are available at: www.heartwiseministries.org.



Signature of licensee
BBO3/13F6/0595

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