

ISSUES AND PROGRAMS LIST

STATION: KOPJ 89.3 FM Sebeka, MN

DATE: January 1, 2020

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

ISSUE: Learning and comprehension

PROGRAM TITLE: Homeschool Companion

Date: 10/04/19

Time of day: 10:00 AM

Duration: 28 Minutes

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

Educator Rose Gamblin, PhD, shared the importance of active, hands-on learning for children to comprehend what is being taught and to understand new vocabulary words. Recommended resource: [NASA.gov/stem](https://www.nasa.gov/stem). Program podcasts: www.LifeTalk.net.

ISSUE: Brain Health

PROGRAM TITLE: American Indian Living

Date: 10/8/19

Time of day: 4:00 PM

Duration: 58 Minutes

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

Optimal brain function requires an optimal lifestyle. Dr. David DeRose interviewed H. Flickinger, RD, Marie Smith, ND, and 2 other guests who shared insights into how nutrition, media, and education all affect our brain health and our health in general. Resources: itiswritten.org, artvnow.com, heartland.edu. Program podcast: www.LifeTalk.net/podcasts

ISSUE: Losses, Grief & Holiday Stress

PROGRAM TITLE: Family Life Today

Date: 10/22/19

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

Duration: 28 Minutes

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

Hosts interviewed Anthony Thompson about how to survive holiday stressors after the death or loss of a loved one. Free resource offered: *Holiday Survival Guide*. Program podcast and resources at FamilyLife.com

ISSUE: Environment & Climate Change

PROGRAM TITLE: LifeQuest Liberty

Date: 11/10/19

Time of day: 11:00 PM

Duration: 28 Minutes

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

Lincoln Steed discussed concerns about climate change and our environment. Are environmental advocates right? Program podcast available at: LifeTalk.net/podcasts.

ISSUE: Hunger, Disease, Poverty

PROGRAM TITLE: American Indian Living

Time of day: 4:00 PM

Duration: 58 Minutes

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Date: 11/26/19

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

Dr. David DeRose interviewed Edwin Dysinger and Susan Cherne about how their online curriculum *Farm Stew Basic*, can be used to equip poor people to improve their health and overcome hunger and poverty. Yves Monnier shared lifestyle practices proven to make a significant impact on health. Resources: FarmStew.org. Program podcast: LifeTalk.net/podcasts

ISSUE: Anger & Communication, Marriage

PROGRAM TITLE: Family Life Today

Date: 12/5/19

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

Duration: 28 Minutes

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

Hosts Dave and Ann Wilson answered a listener's question about healthy communication in marriage -- how to communicate needs without provoking conflict. Resources and podcast at FamilyLife.com

ISSUE: Finances, High Heating Bills

PROGRAM TITLE: Moneywise

Date: 12/6/19

Time of day: 2:30 PM

Duration: 25 Minutes

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

Steve Moore and Rob West gave ways to save on heating bills. They also answered caller's questions about how to accelerate paying off mortgage debt, and etc. Program podcasts and resources at: www.Moneywise.org.

ISSUE: Killer Diseases, Prevention

PROGRAM TITLE: Health and Longevity

Date: 12/29/19

Time of day: 2:00 PM

Duration: 28 Minutes

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

Dr. John Westerdahl interviewed Dr. Pam Popper, ND, co-founder of The Wellness Forum, about her program to educate physicians, healthcare providers, and others for prevention and treatment of diseases with healthy lifestyle best practices. Hear program podcast at www.LifeTalk.net. Resources at www.HealthandLongevityRadio.com.



Signature of licensee

January 1, 2020

Date