

ISSUES AND PROGRAMS LIST

STATION: KOPJ 89.3 FM Sebeka, MN

DATE: October 1, 2019

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

ISSUE: Community Health: Tobacco Addiction

PROGRAM TITLE: American Indian Living

Date: 7/9/19

Time of day: 4:00 PM

Duration: 58 Minutes

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

Tobacco addiction affects people of every demographic group. Dr. David DeRose interviewed Linda Royer, PhD, RN, MPH; President of Living Smart, about her addiction treatment program "Taking Control" that offers a free online 14-day plan with nutrition tips, coaching, and more help for those with addictions. For information: www.livingsmart.live. Program podcast: www.LifeTalk.net/podcasts

ISSUE: Breakdown of Families

PROGRAM TITLE: Family Life Today

Date: 7/18/19

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

Duration: 28 Minutes

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

Hosts and guest Bryan Carter talked about keys to a healthier, stronger marriage and family. Resource book by Stephen R. Covey: *7 Habits of Highly Effective Families*. Program podcasts and resources at: www.familylifetoday.com.

ISSUE: Kids & Divorce

PROGRAM TITLE: Family Life Today

Date: 7/22/19

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

Duration: 28 Minutes

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

Guest Linda Ranson Jacobs talked about how to help kids going through divorce. Resources: DivorceCare for Kids recovery group for children ages 5-12, and Jacob's book *The Single Parent: Confident and Successful*. Program podcast and other resources are available at: www.familylifetoday.com.

ISSUE: Mental Health: Dementia

PROGRAM TITLE: American Indian Living

Date: 7/23/19

Time of day: 4:00 PM

Duration: 58 Minutes

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

Dementia is one of the most dreaded diseases we face. Dr. David DeRose interviewed Dr. Richard Furman, MD, about his book *Defeating Dementia: What You Can Do to Prevent Alzheimer's and Other Forms of Dementia*. The latest medical research proves that our own lifestyle choices and habits make a significant impact on our health. Program podcast: www.LifeTalk.net/podcasts

ISSUE: Eye Health: Macular Degeneration

ISSUES AND PROGRAMS LIST – Page 2

PROGRAM TITLE: Health and Longevity

Date: 8/11/19

Time of day: 2 PM

Duration: 28 Minutes

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

Dr. John Westerdahl interviewed Doctor of Optometry, Dr. Jeffrey Anshel, OD, the author of the book, *What You Must Know About AGE-RELATED MACULAR DEGENERATION: How You Can Prevent, Stop, or Reverse AMD*. Dr. Anshel shared the latest information about AMD and discussed his program for the prevention and treatment of this disorder. Hear program podcasts at www.LifeTalk.net. Resources at www.HealthandLongevityRadio.com.

ISSUE: School Dropouts, Relationship Issues

PROGRAM TITLE: Family Life Today

Date: 9/6/19

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

Duration: 28 Minutes

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

Gary Chapman and Clarence Shuler, authors of the book, *Choose Greatness*, talked about teaching teens to seek knowledge through education, and learning from others. They discussed the biggest challenges teens face, like the temptation to not apply themselves or drop out of school, and the consequences of those decisions.

ISSUE: Education Issues

PROGRAM TITLE: Education Currents

Date: 9/30/19

Time of day: 10:00 AM

Duration: 28 Minutes

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

Hosts Rose and Mike Gamblin discussed current educational issues in the headlines. Program podcasts are available at: www.LifeTalk.net.

ISSUE: Finances

PROGRAM TITLE: Moneywise

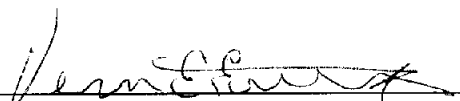
Date: 9/30/19

Time of day: 2:30 PM

Duration: 25 Minutes

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

Only 10% of adult Americans have made a will. Steve Moore and Rob West discussed the importance of having a will, especially for parents of young children. They answered caller's questions about how to pay off credit card debts, when to apply for Social Security payments, and retirement. Program podcasts and resources at: www.Moneywise.org.


Signature of licensee

October 1, 2019

Date