

**KMOJ-FM**

**PROGRAMS LIST**

**2023 – 4<sup>th</sup> QUARTER**

**DESCRIPTION OF PROGRAMMING**

Know Your Options – A 30-minute, weekly, public affairs program which features information and discussions of various health topics, essential to the listening audience, mainly, people of color.

Financial Fitness – A 30-minute, weekly, public affairs program covering finances, credit health, protecting finances and other related topics.

The More We Know – A 60-minute, weekly public affairs program, highlighting community leaders and the roles they are playing from the corporate world, and into community settings.

Community Values – A 60-minute, weekly public affairs program, talking about a range of domestic community issues.

Community Health Dialogue – A 30-minute, weekly, public affairs program, focusing on disparities in Black Health.

The Paul D. Jones Show – A 30-minute, weekly program dedicated to helping listeners with finances and improving lives through knowledge and commitment.

Voices of the African American Community – A 60-minute, weekly public affairs program, focuses on voices not ordinarily heard, that can impact systemic change in the Twin Cities

Conversations with Chanda – A 60-minute, weekly public affairs program covering information and discussions on issues and topics relating to people of color and the effects on the community.”

Don't Complain Activate – A 30-minute, weekly public affairs program for topics and discussions from the millennials' perspective.

4 Opinions – A 60-minute weekly program, focusing on mental health, personal development and cultural significance to benefit members of the Twin Cities community.

## CIVIC ENGAGEMENT

Voices – 10/6/2023 and 10/13/2023 – Unpacking the Dissonance Between Black Women and Men to Create a Connection. Guests: Neda Kellogg, Founding Executive Director of Project DIVA International and CEO of Successful Connections, LLC; Tanika Reese, Financial Service Specialist, Dianne Haulcy, President and CEO of the Family Partnership, Larry Burgess, Senior Case Manager with Next Step Program, William Drew, Mindful Consultants and Sebastian Witherspoon, Diversity, Equity and Inclusion Leader, all joined Hosts Sam Simmons and Jatou White, for this two-part program. The discussion of the possible dissonance between Black Women and Men and what are some of the facts that contribute to this. How has the discrimination of African American men and women affected their ability to develop intimate relationships with each other? Also, how can Black men and women become empowered to have healthier relationships?

Conversations with Chanda – 10/22/2023 – Grieving and Work: A Conversation with Takema Robinson. Takema is CEO and Founder of Converge, a national social-justice consulting firm. Part 1 of the discussion involved exploring the intersection of personal identity and social justice work, while also exploring the poignant narrative of AJ Owens a young, black mother in Florida, who was shot and killed by her white neighbor. Part 2 of this special series takes a deeper dive into the ongoing story of AJ Owens, along with reflections on interactions with Civil Rights Attorney, Ben Crump and the crucial support needed for families affected by police and racial violence.

Don't Complain, Activate – 12/16/2023 – Advocacy – Guest, Marvin Haynes, Sister of Marvin Haynes, who spent 20 years in prison for a murder he didn't commit. Ms. Haynes joins Host, Leslie Redmond to discuss activating and engaging in advocacy. They discussed wrongful convictions and Marvin's personal fight for justice for her brother Marvin. Attorney, Jazz Hampton, who was instrumental in helping to free Marvin Haynes was interviewed about his fight for justice. Mr. Hampton is a local Twin Cities attorney and part of the Innocence Project.

## FINANCIAL

The Paul D. Jones Show – 11/7/2023 – A Millionaire Mindset – Host Paul D. Jones explains how having a “Millionaire Mindset” generally refers to a set of attitudes, beliefs and behaviors that are conducive to achieving financial success. It involves traits like financial discipline, a willingness to take calculated risks, a focus on long-term goals, and an openness to learning and adapting. It's not necessarily about having a million dollars, but rather adopting a mindset that can lead to financial prosperity and success.

The Paul D. Jones Show – 12/12/2023 – Fight For It! – Host Paul D. Jones tells us that most people are fighting not to lose what they have already obtained. We need to also fight for what we want, what will advance us in order to gain a greater quality of life. Fight for your own financial success. This means you must learn how to correctly fight first! Developing fighting skills for personal and business success is crucial to advancing in your life. Mr. Jones says, “You Have a Dream, So Keep Fighting for it.”

Financial Fitness – 12/13/2023 – Malcolm X Economic Speech and The Importance of Economic Principles for Black Americans – Host Nneka Constantino used clips from an archived speech of Malcolm X's, to enhance content, and make the show current and relatable, as she discusses the importance of economic empowerment for people of color and specifically the African American community. Even after several decades, the words of Brother Malcolm are still relevant and even more important as we have some individuals trying to reverse the progress that has been made by the African American Community.

## HEALTH

Voices – 11/17/2023 – Coping with Holiday Stress – Hosts Sam Simmons and Jatou White discussed how to stay mentally and physically healthy while we navigate through the holiday season. They discussed ways to cope with possible holiday stress and anxiety. They also shared tips to help people make the most of the holiday season and come out on the other side, healthier and happier.

4Opinions – 12/30/2023 – Wrapping Up 2023! – The four hosts for this show discussed bringing the year of 2023 to a close. “It’s a Wrap”, on the year and it’s time to decide what to carry over to the new year and what to leave behind, that no longer serves you. Be it relationships, attitudes, etc. Let’s start the year fresh!

Don’t Complain Activate -12/2/2023 – Activate + Health – Host Leslie Redmond and Guest, Akil Foluke, Founder and Chief Scientist and Creator of Mama’s JuJu health products, discuss activating the community through health. The emphasis is on the impact of food we put in our bodies and strategies people can use to live healthier lives with the right nutrition, attitude and activity.

## EDUCATION

Conversations with Chanda – 10/1/2023 – Empowering HBCU Dreams - Host, Chanda Smith-Baker welcomes Laverne McCartney-Knighton, Area Director for UNCF. An inspiring conversation discussing the importance of prioritizing executive roles, Knighton’s journey from the corporate world to nonprofit work, UNCF’s impactful scholarship programs, fundraising efforts for HBCU’s and the crucial role of HBCU’s in today’s educational landscape. How to take advantage of a multitude of scholarships and upcoming UNCF events that empower student dreams.

Voices – 11/10/2023 – African Americans in Skilled Trades – Guests: Willie Roller Jr, WJRJ Electrical, LLC.; Kenneth Sullivan, 292 Electrical Workers Minority Caucus (EWMC); Chapter President, Michael Roberts, 110-Member National Rep. of EWMC; Michael Bell, 110 EWMC Chapter President; Gerald Jones, 292-member and Dept. of Labor, National Rep. of EWMC, discuss the importance of having African Americans active in trade-skilled trades. Also, the ways of making trade-skilled trades more accessible to the African American community.

A Mother's Love – 12/12/2023 – Family Values and Education – Host Al Flowers is joined by Guest, Former Minnesota State Representative, John Thompson and open up the telephone lines to discuss the news of 45 individuals recently indicted by the U.S. Attorney's Office for various violent crimes, mass incarceration, the criminal justice system and how that impacts the community. The link between investing in public schools and alleged mismanagement of funding in our schools. There is a proposal for a Gun Violence Intervention Program and how or if, all of these factors are interrelated and affect our society as a whole.