636 Montana Ave. E St. Paul, MN 55130 Tel 612-810-6412/kongsue690@yahoo.com www.hmongradioam690.com

Asian American Broadcasting Quarterly Report October 1st, 2020 December 31st, 2020.

Length	<u>Time</u>	Date
50 mim	4:00pm-5:00pm	1/3/2020
Description: Hmong Sport Committee to talk about hor The 4th of July weekend is a major sport to 40 years. Due to the deadly virus, many exthe spread of Covid 19 by no public event appliance with governor's executive order been died from this virus. To avoid contact distancing. There will be small event as clevent, but not a huge one. We should go to closed relatives or/and any social club.	ournament for the Hmore executive orders from the es. We all should practice rs. This virus is deadly, recting this virus is quaran losed family come togetly	ng community in the last Governor to prevent e social distancing and many love ones have tine and social her to celebrate family
Length	<u>Time</u>	Date
50 mim	4:00pm-5:00pm	1/6/2021

Description:

Mike and Tong Pao Lee come to talk about Hmong cultural Center. Hmong cultural center has help the Hmong community and other communities for many years. Hmong cultural Center is a non-profit organization located in St. Paul, its focus is to teach Citizenship class, working skills, and English skills for non-English speakers to come USA citizenship and to find work. However, now the Covid-19 is a deadly Virus for everyone. It will teach the Citizenship and English classes via zooming. Please call the center to verify the time and day for the classes that you want to participate. Our office is closed and open only for phone call. Anyone has any question please call 651-917-9937.

Length	<u>Time</u>	Date
60 mim	4:00pm-5:00pm	1/10/2021

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Description:

Lawyer Maineng Moua, an immigration attorney who comes to talk about immigration issue. President Joe Biden admiration's policy and the Coronavirus issues have prevent everyone not be able to apply for any Visa or verify on his/her status. Right now the Laos embassy is open for application but not in person, and they will not process until June, 2021. No people in Laos including government officials is not allowed to come to the USA temporary until the Covid 19 is cleared. Right now the Hmong whoever applied visa for their children, parents, spouses, or students/work are still frozen. Anyone who wants to travel to Laos or other countries, he/she must check with US custom before traveling.

<u>Length</u> <u>Time</u> <u>Date</u> 60 mim 4:00pm-5:pm 1/14/2021

Description:

Phua Yang and Jua Vang Lee at Hope Academy come to talk about how Covid19 affecting the school system. Right now governor mandated to close all schools across the state. Federal and State are still waiting and to make sure the Covid19 is controllable. Governor will take two weeks to measure the situation of the pandemic to make final decision for order for all school activities to be closed including graduation ceremony and specially prom party for high school students. We have three option in the fall: 1. School might reopen us normal, 2. Hybrid learning, 2. Distancing learning. Any school will have to make their own judgement to choose the option that suitable for that school.

Length	<u>Time_</u>	<u>Date</u>
45 mim	10:00am-10:30:00pm	1/18/2021

Description:

May Ly and Laura from Big Farm Organization to come to talk about annual conference on January 26th and 27th, 2021. Due to Covid19, the organization host the conference online only, via zooming. Anyone wants interests to learn about new faming techniques and resources, please visit our website and register for the classes. All the farmers and people who want to learn how to small business and growing foods and vegetable, this conference is important for you. This year we hope online conference will be a helpful for you. Anyone wants to learn about green house, soil fertility, seed saving, soils biology, farmer networking, goal setting, start small business, record keeping, sheep/goat industry, growing asparagus, and raising chicken for meat, please come to join our conference online at www.farmerassociationfund.org

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 Length
 Time
 Date

 60 mim
 4:00pm-5:00pm
 1/22/2021

Description:

Bee Lor, a businessman comes to update about the legalized grown marijuana in Oklahoma. Right now the state of Oklahoma, government is allowed farmers to register legal licenses to grow marijuana or to do the business. There are many Hmong families have moved to the state of OK in the past 12 months. It could be a very good opportunity for family who love farming and doing business. There are 3 options to do the business. Option #1 grower/farming, #2. process/delivery, #3. Despising/seller. However, they allow only the residence of OK to do the business. If you want to do the business, you have to wait 2 years after you moved there and apply for resident in the State of Oklahoma. Hmong people are farming expert. It is a great opportunity for the Hmong people

 Length
 Time
 Date

 50 mim
 8:30am-9:00am
 1/27/2021

Description:

Kamai Xiong, an educator comes to talk about the import of Hmong parenting at the critical moment. It has a directly impact on Hmong kid's education and self-identity today due to the Covid19. Family structural and parenting are the only two factors that could have directly impact of your child. Parents shall provide an appropriate space and time for their children to stay focus on his or her goal and education; all schools are closed, teachers are not be able to help. Online learning is not affected at the moment. Home is supposed to be the most safe place for children to learn and gain confident, motivation, and reinforcement of any educational purpose. Parents should create a positive atmosphere at home, find a quiet time and a proper place for children to study, to sleep, or even to eat. As a family, parents should create a system at home such as time and how to cook, eat, study, pray, and sleep. When children have adapted to the family system, they could achieve their goal and educational. Family routine has a major direct impact on children's today self-esteem, identity, and learning ability. He encourages parents to focus and organize their family structural to have a better environment at home so their youth could behavior well and achieve their educational goal.

Length	<u>Time</u>	<u>Date</u>
50 mim	4:00pm-5:00pm	2/2/2021

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Description:

Hope Academy a Charter is a volunteer school host a series of educational talkshow fot he community. Today Phua Yang, a counselor at Hope Academy Charter School comes to talk about how parents could help their children to learn during the pandemic outbreak. Social distancing and distance learning are the two factors that would prevent our children for learning. As parents, we need to do extra effort to help our children at home to learn. 1. Create a space for learning at home, 2. Quiet time for children to learn, 3. Monitor the individual child's how and what he/she is learning or studying, 4. Contact your child's teacher for farther assistance. If you pay attention for your child's learning, it will motivate your child to learn. If you be around your child, he or she will fell proud of themselves, they will be for focus on what they are learning. When you have a clear understanding each other, you will be able to help your child and your child is willing to cooperate with the current learning situation more.

 Length
 Time
 Date

 60 mim
 8:00am-9:00am
 2/7/2021

Description:

Kamai Xiong host an ongoing talkshow that educate the Hmong community about parenting skills and education for the Covid19 period. As today, the Covid19 is the most dangerous that will make our children miss behave, miss focus, boredom, isolation, and depress. We should use the current technology and consistency our parenting skills that help our children to behavior and learn. Traditional parenting skills is only the words of wisdom, but the modern parenting skills are the skills that we will show the flexibility, ability, reward, and performance. Parents need to know when and how to use the conditional and unconditional love toward our children. Our Hmong parents used conditional most of the time. It would not work well in these days. Today, social media is the most helpful and dangerous tools out there to make our children learn or miss behavior. If parents know how to support their children with online learning and social media, they will advance. But if parents don't care about whatever their children are making choices and learning, it will be a trouble in the family and create unhealthy relationship.

 Length
 Time
 Date

 50 mim
 4:00pm-5:00pm
 2/13/2021

Description:

Professor Lee Pao Xiong from Hmong Center for Study at Concordia University comes to about Hmong cultural and history programs at the center that could help students to understand cultural and especially. Example the "Hmong New Year". The way we live in

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the USA, it creates a norm society for our children. They don't really care who they are and what is our cultural. As a Hmong person, per our excellent cultural influence, we must come to understand the creation, cultural structural, and natural resources by reflecting our human history such as the USA. It just found 250 years ago, it is the most advance country in the world. Now we are living in the most advance civilization, it begins with the language, schooling system, and the technical skills, rule and policy. However, cultural and celebration are the tools for success. As a person who has not cultural value and identity or nation pride could not success for anything. We should teach our children our history, language, and skills base on our cultural to moving forward with the modern society and technology that available to help our connection and education.

 Length
 Time
 Date

 50 mim
 4:00pm-5:00pm
 2/17/2021

Description:

Dr. Therisa Thao, a medical Dr. from Fairview Hospital comes to talk about Covid19. This is a virus that is very serious and threatens our community. As today, we have lost many of our love ones, community leaders, teachers, even Doctors and nurses. Hmong people contacted with Covid19 through work places, funeral home services, and unknown conditions and locations. However, the Covid19's symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately: Trouble breathing, Persistent pain or pressure in the chest, New confusion, Inability to wake or stay awake, Bluish lips or face, call your medical provider for any other symptoms that are severe or concerning to you. To avoid contacting with Covid19, we must stay distance with people, not to participate any big event, and be very caution for funeral home services if you have to participate one.

 Length
 Time
 Date

 45 mim
 4:00pm-5:pm
 2/19/2021

Description:

636 Montana Ave. E St. Paul, MN 55130 Tel 612-810-6412/kongsue690@yahoo.com www.hmongradioam690.com

Hmong Art and Talent Organization comes to talk about a special event for Hmong youth. The event will host at online to promote our youth. It focus is to promote Hmong Arts and Talents. This online event will be singing, dancing, and folksong. It is open everyone to participate. We will streaming online all the activities. Anyone has any question please contact us at CHAT.

 Length
 Time
 Date

 60 mim
 4:00pm-5:00pm
 2/22/2021

Description:

Dai Thao, Frog Town City Council comes to update General Vang Pao Community Center in Frog Town closed to Hmong Flea Market at Como Ave. It is the first time we have achieved so far for the name our great General Vang Pao's legacy in the City of St. Paul. GVP's center is opened for all people of colors. We have all different kind programs that good for both adult and youth. However, during this critical time, it is closed and will be open in January 14th for everyone to come back to use it. We should stay connected during this pandemic to rise our spirit and self-motivation to stay healthy.

 Length
 Time
 Date

 45 mim
 4:00pm-5:00pm
 2/24/2021

Description:

Dr. David Thao, a medical and plastic surgery doctor comes to talk about Coronavirus. Covid19 has a major impact our daily life. It is a very serious virus that killed thousands of people per day in the USA. Our Hmong cultural ceremony such as wedding and funeral home services are the most spread of the Virus Covid19. Right now government has testing center for every major city, also soon "taking a home test" is coming soon. The test is simple, you order the test kit from the government's website and they will send to you directly with 24 hours. You just put your saliva to the trip and send it back, they will let you know within 24 hours if you positive or negative. Right now, the government is still don't have any vaccination to treat it. The best medicine is quarantine. Anyone has symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea, Please look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately: Trouble breathing Persistent pain or pressure in the chest, New confusion, Inability to wake or stay awake, Bluish lips or face, Call your medical provider for any other symptoms that are severe or concerning to you.

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<u>Length</u> 45 mim <u>Time</u> Date

4:00pm-5:00pm

2/27/2021

Description:

Maineng Moua is an immigration lawyer who comes to update the community about President Joe Biden's immigration policy. Right now federal government is not allowed any visa to Laos. It means that we can't travel to the country of Laos. Also, all the applications you have been applied for yourself or your love ones to stay here in the USA or sponsoring someone over sea are still frozen. We don't know for sure after the general election. Right now it is a good time for you to reconsider your case. Usually, her Hmong clients admitted to the crime that he/she never committed because he/she did not want to stay in jail term. Plus, they are low income and don't have the money to pay for an attorney, the crime that they accused off was not a serious threat to the society but it was a bad term and the USA government doesn't want anyone who does not have a citizenship who has committed a crime to stay here. You appear your case, the Judge will have to review your case and reconsider if you are still qualify to stay here in the USA or you are to deport back to Laos. Knowing the true is good for your to get ready what is next.

 Length
 Time
 Date

 50 mim
 4:00pm-5:00pm
 3/8/2021

Description:

Chong Pao Lee from Hmong Cultural Center comes to talk about English and Citizenship classes for the Spring. Right now it is time to register for the new classes, anyone who is interested need to call in to register to reserve your spot. We will teach online only due to the pandemic outbreak. We are open for all, you can bring your friends who are not Hmong too, we have English Speaking instructor who can help other nationalities as well.

 Length
 Time
 Date

 50 mim
 4:00pm-5:00pm
 3/12/2021

Description:

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Thai Her, who is working for MN Attorney General Keith Allison comes to make an officially announcement rules and regulation during Covid19. It is a major issue in the Hmong community regarding price gouging and hate crime. It is unfair for the time of crisis and everyone needs help, but someone is taking advantage of you by raising the price or prices higher than people can afford. People need to report right way to GA's office. We will investigate and anyone who violated the law will be prosecuted. Right now it is a serious regarding hate crime for the Asian community. Hmong people has a big population in MN especially in St. Paul. Recently, there are a Hmong lady got a serious injury in Frog Town because of hate crime. Many people in the country got assault, harass, murder because of hate crime, we are very serious about his issue and no zero toleration.

 Length
 Time
 Date

 50 mim
 4:00pm-5:00pm
 3/15/2021

Description:

MN Department of Health comes to talk about how serious the Covid19. Right now the number of contacted, death, and hospitalized are still consider high. Spring and summer are coming soon and everyone will be out most the time. However, everyone shall be compliance with Governor executive orders. Right now there is vaccination available for every at the age of 16 and up. It is time to get vaccinated and still practice social distancing, stay home if you sick, quarantine if you are exposure. Anyone has symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea, Please look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately: trouble breathing ,Persistent pain or pressure in the chest, new confusion, Inability to wake or stay awake, Bluish lips or face, Call your medical provider for any other symptoms that are severe or concerning to you. When you received a call from the Health Department please answer and we can help you to identify where you got exposure and prevent no more spread of Covid19.

 Length
 Time
 Date

 50 mim
 4:00pm-5:00pm
 3/18/2021

Description:

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Ramsey Chief Department, Chinu Lee an Inspector comes to talk about the Sheriff Help Program. In the past 12 months, it turned out to be very helpful for our Hmong community due to lack of support for our elders and disability people. St. Paul Sheriff Department has created 13 locations for food shelves to make sure everyone have enough foods to survive. They also provide transportation for those no help, especially delivery of patient's medications, transportation, etc. Everyone shall follow Governor's orders, do not buy any medication other than prescribed by a Dr. Right now is winter and everyone is stay home, it is safer but spring will come and the Virus may or may not go away. Please be aware all the time for your safety for anything that have the negative impact directly or indirectly to you. Anyone needs help please call the Hotline: 651=448-3874. Or visit www.ramseycounty.us/helpteam.org

<u>Length</u> <u>Time</u> <u>Date</u> 50 mim 4:00pm-5:00pm 3/20/2021

Description:

Thaying Heu comes to talk about how Hmong community reacts to the impact of Covid19. Right now every is immune to the issue, some people have adopted to the system of health prevention plan such as mask 24/7 with going out or meeting with someone. However, someone just don't care anymore since it has been as long time issue and nothing impact directly. They may believe that it is the political strategy of the government. People have the right to say and do whatever they feel right for themselves. However, we must consider all action seriously, what is important and what is not, what is true and what is not, what is right and what is not, what we should do and what we shouldn't. Right now over 1 millions people have been effected and half millions people have died in the USA. Many of our closed relatives have died from Covid19. As a senior member and a business owner, I remember for all to practice social distancing, to get vaccinated, and stay guarantee is you are exposed. These are the best ways to stay health.

<u>Length</u> <u>Time</u> <u>Date</u> 50 mim 4:00pm-5:00pm 3/25/2021

Description:

Wameng Moua, the owner of Hmong Today News Paper comes to talk about how the news media play a role on Covid19. They are many good news and bad news. However, the good news is that every citizen has to hear the good news and compliance with the government's executive orders and to get the necessary resources from government to help the individual or closed relatives that you know. This is a helpful resources to help everyone to cope with the current situation because everyone has suffered emotionally

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and financially. The bad news is that many people out there are lack of the necessary sources and resources from the government and many other agencies that could not reach out to those are needy. Many people have been left out of the proper help and many people have been exposed to the Covid19, have serious mental health issue, and many other health factors that contribute from the pandemic.