



RIVERBEND COMMUNICATIONS 2010 ISSUES REPORT KFTZ

RIVERBEND
COMMUNICATIONS

JANUARY

TOTAL:

23:38:25 | hh:mm:ss

FEBRUARY

TOTAL:

17:17:43 | hh:mm:ss

MARCH

TOTAL:

17:08:19 | hh:mm:ss



RIVERBEND COMMUNICATIONS

2010 ISSUES REPORT KFTZ

RIVERBEND
COMMUNICATIONS

ISSUES DATE TIME SOURCE HH:MM:SS

DESCRIPTION OF SEGMENT

JANUARY

Political	1/10/2010	6:00	Local	0:08:36	Interview with Bonneville County Treasurer candidate Janet Trujillo about her campaign and the issues confronting the treasurers office.....
Education	1/17/2010	6:00	Local	0:09:35	Interview with State Representative Jeff Thompson about this year's legislative session, with special emphasis on a revenue shortfall facing the state's education budget....
Health	1/11/2010	5:20p	Local	1:00:00	It's important to get a little rest and relaxation... but sometimes you are short on time. Instead... destress by taking deep breaths, writing down your thoughts, drink something, stretch and sing!
	1/12/2010	4:20p	Local	1:00:00	A new study shows that college students today are more depressed than during the great depression. Back in 1938, 1% of students suffered from depression. Today, 6% do. Perhaps this has to do with better response and understanding... so students know that doctors can make a difference....
	1/13/2010	5:20p	Local	1:00:00	Save yourself a lot of heartache... by catching a doomed relationship before it ends badly. eHarmony.com says these are the signs if you feel you need space, you avoid eachother, either of you bring up past relationships or constantly insult eachother.....
	1/14/2010	3:20p	Local	1:00:00	If it takes more than 30 Minutes to fall asleep... then you have insomnia. But there are other sleep disorders that you need to be aware of: restless leg syndrome, a sleep-related eating disorder, sleep apnea, anxiety and narcolepsy....
	1/17/2010	5:20p	Local	1:00:00	Make sure you are getting enough sleep. You are sleep-deprived if you can't make even the simplest decisions, you are always hungry, you keep getting sick, you are overly emotional and are more and more clumsy....
	1/18/2010	3:20p	Local	1:00:00	The six most gem-filled places in your house are: your clothing, your carpet, your salt and pepper shakers, your kitchen sink, your refrigerator and your bed. Enjoy....
	1/19/2010	3:20p	Local	1:00:00	A heart attack can come at any time... but beware of prevention.com's six surprising things that can trigger one when sitting in traffic, waking up, Mondays, having a high-carb meal, going to the bathroom and public speaking.
	1/26/2010	3:20p	Local	0:01:30	Ten ways losing ten pounds can change your life (aside from looking better): energy, confidence, better sleep, extended life, lower risk of diabetes and cancer, heart health, improves sex and strengthens your immune system.
	1/29/2010	5:20p	Local	0:00:30	Mentioned an upcoming family event to discuss local meth problems in an open forum (2/2 in Pocatello).
	1/31/2010	6:00	Local	0:15:04	Interview with Idaho First Lady Lori Otter about the third wave of statewide advertising launched by the Idaho Meth Campaign.
Disaster Relief	1/24/2010	6:00	Local	0:09:40	Interview with Bonneville County Prosecutor Dane Watkins Jr. about the recent earthquakes in Haiti. Watkins served an LDS mission there and provided special insight into the problems and challenges facing the island nation.
	1/25/2010	4:45 & 6:45	Local	0:01:30	Asked listeners to tune into the telethon tonight and make donations for the relief efforts in Haiti.
	1/25/2010	4:45 & 6:45	Local	0:30:00	The 'Hope for Haiti' telethon over the weekend raised 58 MILLION dollars! But donations are still accepted online at hopeforhaitnow.org or by texting (GIVE) to 50555 for the next six months.
Safety	1/15/2010	4:20p	Local	1:00:00	For only \$5/m you can get an app for your kid's phone that doesn't allow texting and calling while a car is in motion ilumesoftware.com.....
Other	1/4/2010	9p-1a	Syndicated	2:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
	1/6/2010	7:20a	Local	0:20:00	Local Laws: Brad and Tara ask Sgt. Karl Casperson from the Bonneville County Sheriff's Office different legal questions. This Month: Is it legal for 4-Wheelers to remove snow on the sidewalk? Is the parking spot in front of my house mine? What do I do when I see two different speed limits posted within a short distance?....
	1/8/2010	3:20p	Local	0:01:00	Save some BIG money by doing the following: pay down debt off high-interest credit cards. Build up an emergency fund so that you don't have to put such expenses on credit cards. Eat healthy and cut out expensive unhealthy foods. And QUIT SMOKING!.....
	1/11/2010	3:20p	Local	0:01:00	Quit being dumb with your money. Instead, pay with cash so that you can keep track of your spending, carry just enough so that you don't overspend, always keep 'saving money' in mind when shopping and shop with a list so that you don't buy stuff you don't need. (themolleyfool.com)....

1/13/2010	9p to 1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
1/20/2010	9p to 1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
1/27/2010	9p to 1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.

FEBRUARY

Health	2/4/2010	7:40a	Local	0:03:00	Brad and Tara shared "7 Easy Ways to Lose Weight Without Starving or Breaking a Sweat" For example, if you are the type of person who fidgets, don't stop! People who fidget or prefer to stand burn 350 more calories a day than others....
	2/9/2010	3:20p	Local	0:01:00	Live longer by eating purple foods that are full of antioxidants, being friendly, walking instead of driving when possible, drinking tea and drinking less or NO soda....
	2/18/2010	5:20p	Local	0:01:00	Four health problems you should NEVER ignore: migraines, high blood pressure, psoriasis and asthma.
	2/24/2010	3:20p	Local	0:01:00	Easily eat less food by: 1. Eat in the kitchen with extra food NOT on the table. 2. Use small plates and small skinny glasses. 3. Put your fork down between bites. 4. Bag half of your food at restaurants before you even start eating. 5. Chew gum while you bake. 6. Teach kids to eat all their food so that you don't pick off their plate. 7. Keep snacks out of sight. 8. Brush your teeth RIGHT after dinner....
Safety	2/25/2010	4:20p	Local	0:01:00	A new study involving 20,000 people (34% are regular smokers and 66% are not) showed that those who do not smoke score an average of 8-Points higher than those who do in IQ tests....
	3/1/2010	5:20p	Local	0:01:00	Four foods that really aren't that bad for you: potatoes, eggs, beef and chocolate...
	2/3/2010	7:30a-8:00a	Local	0:20:00	Brad and Tara ask Sgt. Karl Casperson from the Bonneville County Sheriff's Office different legal questions. This Month: what excuse usually works when one is going just a bit over the speed limit? Do bicyclists have to follow the same rules when driving ON the road? How old does the 'other driver' have to be when one is only on a permit driving restriction....
Unemployment & Job Creation	2/14/2010	6:00	Local	0:15:24	Interview with local Toyota dealer Mario Hernandez about a mass recall of several models of Toyota vehicles, discussing who's affected and what they need to do to make sure their vehicles are safe....
	2/2/2010	3:20p	Local	0:01:00	It can be hard to pay the bills and go back to school... so consider one of these high-paying no-degree-needed jobs Assistant Sit Manager, Automobile Service Station Manager, Cable Supervisor, Locomotive Engineer, etc.,
	2/16/2010	3:20p	Local	0:01:00	Improve your chances of keeping your job and perhaps even score yourself a raise by promoting yourself at work say "hi" often, write and be social thru twitter and facebook, organize little events like a new place for lunch and try public speaking..
Education	3/2/2010	3:20p	Local	0:01:00	Don't mess up your chances of scoring the job by making these interview mistakes: don't say it's your dream job, don't ask about vacation days or pay, don't trash-talk your old boss... and don't act too friendly with the interviewer.
	2/7/2010	6:00	Local	0:15:07	Interview with State Superintendent of Public Instruction Tom Luna about the state education budget.
	2/28/2010	6:00	Local	0:12:12	Interview with local businessman Brad Christensen while on a disaster relief trip to Haiti. Christensen reported on his group's efforts there, the situation of the people struggling to recover, and how those locally could help out.
Other	2/2/2010	7:40a	Local	0:03:00	Financial: Brad and Tara shared 5 different ways to save money, which included paying off your credit cards, starting an emergency fund, eating healthy, exercising regularly, and quit smoking..
	2/3/2010	5:20p	Local	0:01:00	Save money by not buying overpriced stuff like hotel mini-bar items, movie theater popcorn, wine at restaurants, hotel-room movies, name-brand stuff, super gasoline and free credit reports
	2/7/2010	9p-1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
	2/14/2010	9p-1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
	2/21/2010	9p-1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
	2/28/2010	9p-1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.

MARCH

Health	3/1/2010	5:20p	Local	0:01:00	Four foods that really aren't that bad for you: potatoes, eggs, beef and chocolate.
	3/4/2010	5:20p	Local	0:01:00	There are four things you need to know about doctors they don't wash their hands as much as they should, they get A LOT of free stuff from pharmaceutical companies, they aren't always healthier than you and doctor's often cover for each other's mistakes.
	3/5/2010	3:20p	Local	0:01:00	Avoid an achy back by carrying smaller bags/purses, taking a walk every day, buying a new mattress or changing the way you sleep, wearing shoes that have good soles, sitting closer to the steering wheel when you drive and not leaning too far back in your desk-chair.
	3/8/2010	3:20p	Local	0:01:00	Eat foods that taste great AND are healthy scallops, cherry tomatoes, red cabbage, beans, salmon, spinach and almonds!
	3/10/2010	3:20p	Local	0:01:00	There are five things that might be preventing you from losing weight: not eating enough, drinking your water warm, avoiding caffeine, not drinking milk or drinking too much alcohol.
	3/12/2010	5:20p	Local	0:01:00	Maintain a healthy relationship by fighting effectively set ground rules, be patient, listen actively, be honest and reserve judgement.
	3/22/2010	3:20p	Local	0:01:00	You will only make your chronic pain worse by trying to tough it out, avoiding exercise, seeing too many doctors, deciding on surgery too soon... and not making the pain connection with depression.
	3/25/2010	7:40a	Local	0:03:00	5 Ways to not over indulge on Easter Candy, for example...Keep candy far out of reach, only buy one kind so you aren't tempted to try one of each in a variety, share your candy at work...etc..
	3/25/2010	3:20p	Local	0:01:00	If you wanna JUST keep your weight where it is, new research shows that you need to work out AN HOUR per day. If you don't care about gaining weight, but wanna be healthy... you'll need to work out AT LEAST 150 min/week.
	3/30/2010	3:20p	Local	0:01:00	A new study shows that junk food could be as addictive as cocaine! The study was performed on rats who chose starving to death over eating healthy food (once they had been introduced to a fatty diet).
Safety	3/28/2010	6:00	Local	0:06:58	Interview with Idaho Attorney General Lawrence Wasden regarding Idaho's participation in a multi-state lawsuit against the recently passed and signed health care reform law.
	3/3/2010	7:25	Local	0:20:00	Brad and Tara ask Sgt. Karl Casperson from the Bonneville County Sheriff's Office different legal questions. This Month: If you know one has a suspended license and you know that they are driving should you call the police? Can you get pulled over for not having your child in a safety seat? How do you make a citizen's arrest?
					Don't mess up your chances of scoring the job by making these interview mistakes don't say it's your dream job, don't ask about vacation days or pay, don't trash-talk your old boss... and don't act too friendly with the interviewer.
					Tight on money? Save BIG on healthcare by paying with cash, using your doctor's free samples, buying generic brands and going to a dental school for all your dental work.
Unemployment & Job Creation	3/24/2010	3:20p	Local	0:01:00	Turns out that saving up even A MILLION DOLLARS isn't enough for retirement. If you are 18-26, expect to need \$3 Million. If you are 27-45, expect to need \$2.5 Million. If you are 46+, expect to need \$2 Million. Start saving NOW!.
	3/14/2010	6:00	Local	0:11:26	Interview with Dale Dixon of the Better Business Bureau discussing a recent decision by the BBB to merge two regional chapters to increase efficiency and service levels to members.
	3/7/2010	6:00	Local	0:05:59	Interview with Tonia Alban of the Idaho Department of Labor in advance of a "Mayor's Business Day" designed to help existing business survive the economic difficulties, and also to help prospective employees who are looking for work.
Other	3/7/2010	9p-1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
	3/14/2010	9p-1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
	3/21/2010	9p-1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
	3/28/2010	9p-1a	Syndicated	4:00:00	Teenage & Young Adults Programming for issues of high concern. From family, relationships, depression, school, teen pregnancy to substance abuse. See attached sheet for details.
Political	3/21/2010	6:00	Local	0:08:56	Interview with Idaho Governor Butch Otter discussing the legislative session, his recent announcement for re-election, and the economic difficulties facing the state.