



RIVERBEND COMMUNICATIONS

4th QUARTER 2017 ISSUES PROGRAMS KFTZ

October

TOTAL: 0:22:00 | *hh:mm:ss*

November

TOTAL: 0:46:00 | *hh:mm:ss*

December

TOTAL: 0:19:00 | *hh:mm:ss*



RIVERBEND COMMUNICATIONS

4th QUARTER 2017 ISSUES REPORT KFTZ

ISSUES	DATE	TIME	SOURCE	HH:MM:SS	DESCRIPTION OF SEGMENT
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October

Crime/Safety	10/6/2017	7:25:00	Local Produced	10:00	"Ask a Cop" Once a month Brad and Tara talk to Sgt Carl Casperson from the Bonneville County Sheriff's Department. Here are the questions he answered this month: Can I call the cops and turn in people for placing Super Bowl bets and how can I found out which officer visited my house?
Health (Physical/Mental)	10/18/2017	8:10:00 AM	Local Produced	0:03:00	<p>Brad & Tara discussed how much you should exercise. If you don't exercise, it can kill you. But according to a new study, too MUCH exercise can ALSO kill you. And since that means you're gonna die either way, might as well go with not exercising, right?</p> <p>Researchers at the University of Illinois at Chicago just found that very active men are 86% MORE likely to have a buildup of plaque in their arteries by middle age.</p> <p>The researchers say that this DOESN'T mean you should stop exercising . . . but, you know, keep it in moderation.</p>
Health (Physical/Mental)	10/11/2017	8:10:00 AM	Local Produced	0:03:00	<p>Brad & Tara discussed how to avoid getting lice from Halloween costumes.</p> <p>Hopefully your kids bring home lots of candy this Halloween, so you can raid their stash. But here's something you DON'T want them to bring home . . . Doctors see a lot more cases of HEAD LICE this time of year.</p> <p>It's partly because kids are back in school. But the main cause might be the fact that we're all out shopping for costumes, and trying on the same MASKS and WIGS.</p> <p>Halloween stores have huge walls of them. And by the time you buy one, several other people have usually tried it on. Maybe dozens of people. And lice can end up on costumes too, especially if you have to pull them over your head to get them on.</p> <p>So if you want to lower your risk of getting lice, here are three things you can do . . .</p> <ol style="list-style-type: none">1. Take a shower cap or swim cap to the store with you, and make your kids wear it while they're trying stuff on. You might look like a crazy, overprotective parent, but that's better than getting lice.2. Once you buy a costume, seal it up in a plastic bag for 48 hours. If there are any lice in there, they'll die within a day or two. Lice EGGS
Health (Physical/Mental)	10/18/2017	8:10:00 AM	Local Produced	0:03:00	<p>Brad & Tara discussed how much you should exercise. If you don't exercise, it can kill you. But according to a new study, too MUCH exercise can ALSO kill you. And since that means you're gonna die either way, might as well go with not exercising, right?</p> <p>Researchers at the University of Illinois at Chicago just found that very active men are 86% MORE likely to have a buildup of plaque in their arteries by middle age.</p> <p>The researchers say that this DOESN'T mean you should stop</p>

Health (Physical/Mental)	10/11/2017	8:10:00 AM	0:03:00	0:03:00	Brad & Tara discussed how to avoid getting lice from Halloween costumes. Hopefully your kids bring home lots of candy this Halloween, so you can raid their stash. But here's something you DON'T want them to bring home . . . Doctors see a lot more cases of HEAD LICE this time of year. It's partly because kids are back in school. But the main cause might be the fact that we're all out shopping for costumes, and trying on the same MASKS and WIGS.
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November

Crime/Safety	11/3/2017	7:25:00	Local Produced	10:00	"Ask a Cop" Once a month Brad and Tara talk to Sgt Carl Casperson from the Bonneville County Sheriff's Department.
Other	11/18/2017	4:00:00	Local Produced	0:30:00	Supermarket Saturday is a yearly event where the djs collect food for local food banks the Saturday before Thanksgiving. Promotional announcement were made 2 weeks before the event, 25 times each week.
Health (Physical/Mental)	11/29/2017	6:25:00 AM	Local Produced	0:03:00	Brad & Tara discussed, when do you throw out a pair of underwear? If your answer is, "Only when it has too many holes for me to count" or "Wait, people throw away underwear?" . . . then listen up. According to a new study, you should throw away your underwear every YEAR . . . or it becomes a health risk.
Health (Physical/Mental)	11/27/2017	7:40:00 AM	Local Produced	0:03:00	Brad & Tara discussed how long your Thanksgiving leftover are still safe to eat. If you're still eating leftover turkey sandwiches, you're playing with fire. Turkey only stays good in the fridge for 3 to 4 days. After that, you run the risk of getting sick from a build-up of bacteria. So either eat it now, or freeze it. Here are six Thanksgiving foods, and how long you can keep them in the fridge before they might make you sick . . . 1. Turkey, 3 to 4 days. If it's cut up and stored in a shallow container, it might last a little longer, but it's risky. 2. Homemade gravy. Only a day or two. So it's definitely time to throw it out. 3. Stuffing, 3 to 4 days. 4. Mashed potatoes, 3 to 5 days. The same goes for green bean casserole. 5. Pumpkin pie, 3 to 4 days. Apple pie lasts a little longer. You can leave it out for 2 days, then put it in the fridge for another two days. 6. Cranberry sauce. It's the one Thanksgiving food that DOES keep for a while. The sugar acts as a preservative, so you can leave it in the fridge up to two weeks and still eat it.

December

Charity	12/1/2017	10:00:00 AM	Local Produced	3:00:00	Every year Z103 teams up with East Idaho Credit Union for Coins for Christmas to collect coins that help buy shoes for kids in our area throughout the year. Brad & Tara visit several schools and participate in the Christmas programs as a reward for raising money. Promo's ran from 12/1-12/22 at 25 times per week.
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Crime/Safety	12/1/2017 7:25:00	Local Produced	10:00 "Ask a Cop" Once a month Brad and Tara talk to Sgt Carl Casperson from the Bonneville County Sheriff's Department. Here are the questions he answered this month: why is an unmarked police vehicle sometimes marked and can someone with a driving permit drive to work and school without an adult in the car?
Health (Physical/Mental)	12/13/2017 8:25:00 AM	Local Produced	0:03:00 Brad & Tara discussed new research that shows men get hit harder with the flu. Researchers in Canada found that flu symptoms really DO hit men harder than they hit women. Why? They found that women's immune systems do a better job of fighting viruses and producing antibodies than men's . . . and it seems to be connected to their extra estrogen. And this could all go back to evolutionary biology. Early men needed to be bigger and stronger to survive . . . so it was more important for their bodies to produce extrotestosterone and not bother with making enough estrogen to fight off viruses.
Health (Physical/Mental)	12/14/2017 7:40:00 AM	Local Produced	0:03:00 Brad & Tara discussed how long you are contagious with the flu. In general, it's not safe to be around someone until at least 5 to 7 days after their symptoms started. That's when they're the most contagious. But even then, you're not totally in the clear. Sometimes you can still be contagious TWO WEEKS after your symptoms start. And just because you feel better doesn't mean you ARE better. Unfortunately, most of us can't just cut ourselves off from society for that long, especially around the holidays. That's why you need to wash your hands as much as possible. And if you ARE sick, try to cough into your elbow instead of your hands.