



4th QUARTER 2019 ISSUES PROGRAMS KFTZ

October

TOTAL:

0:27:03 | *hh.mm.ss*

November

TOTAL:

0:09:51:00 | *hh.mm.ss*

December

TOTAL:

0:10:40 | *hh.mm.ss*



RIVERBEND
COMMUNICATIONS

4th QUARTER 2019 ISSUES REPORT KFTZ

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

Crime/Safety	10/2/2019	7:25:00 AM	Local Produced		0:15:00 "Ask a Cop" Once a month Jakoby and Tara talk to Sgt Carl Casperson from the Bonneville County Sheriff's Office about laws and public safety.
Health (Physical/Mental)	10/7/2019	7:00:00 AM	Local Produced		0:02:00 Break For The Cure: Breast Cancer Awareness Event
Health (Physical/Mental)	10/15/2019	11:15:00 AM	Local Produced		0:01:00 It's Breast Cancer Awareness month and we've partnered with Mountain View Hospital to make it easier than ever to get a mammogram. Idaho ranks 50th in the nation in breast cancer screening. Remember early detection is key. Go to Z103.fm and download your coupon for a discount mammogram today.
Health (Physical/Mental)	10/17/2019	12:39:00 AM	Local Produced		0:01:03 It's Breast Cancer Awareness month and we've partnered with Mountain View Hospital to make it easier than ever to get a mammogram. Idaho ranks 50th in the nation in breast cancer screening. Remember early detection is key. Go to Z103.fm and download your coupon for a discount mammogram today.
Health (Physical/Mental)	10/18/2019	10:12:00 AM	Local Produced		0:01:00 Join Jakoby and Z103 at the annual "Say Boo to Cancer" Trunk-or-Treat at the Teton Cancer Institute on 17th St! Bring your little ghouls out for a family friendly trick or treating event, Friday, October 25th 3 to 5 p.m.
Health (Physical/Mental)	10/21/2019	10:13:00 AM	Local Produced		0:01:00 It's Breast Cancer Awareness month and we've partnered with Mountain View Hospital to make it easier than ever to get a mammogram. Idaho ranks 50th in the nation in breast cancer screening. Remember early detection is key. Go to Z103.fm and download your coupon for a discount mammogram today.
Health (Physical/Mental)	10/21/2019	1:12:00 PM	Local Produced		0:01:00 Join Jakoby and Z103 at the annual "Say Boo to Cancer" Trunk-or-Treat at the Teton Cancer Institute on 17th St! Bring your little ghouls out for a family friendly trick or treating event, Friday, October 25th 3 to 5 p.m.
Education	10/29/2019	6:47:00 AM	Local Produced		0:01:00 Announced school closures for the area.
Crime/Safety	10/29/2019	6:12:00 AM	Local Produced		0:03:00 Discussed road safety/conditions and winter driving precautions.
Health (Physical/Mental)	10/30/2019	10:12:00 AM	Local Produced		0:01:00 It's Breast Cancer Awareness month and we've partnered with Mountain View Hospital to make it easier than ever to get a mammogram. Idaho ranks 50th in the nation in breast cancer screening. Remember early detection is key. Go to Z103.fm and download your coupon for a discount mammogram today.

November

Crime/Safety	11/7/2019	7:25:00 AM	Local Produced		0:05:00 "Ask a Cop" Once a month Z103 Morning Show talks to Sgt Carl Casperson from the Bonneville County Sheriff's Department about laws and public safety.
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Health
(Physical/Mental)

11/4/2019 1:40:00 PM Local
Produced

0:01:02 We gained an hour yesterday. But is that really a good thing? Here are four ways the whole Daylight Saving system messes with our health . . .

1. It screws with our sleep patterns. Even gaining an hour can mess with your routine. But it's definitely worse in the spring when we lose an hour. One study found some people NEVER really adjust all year. And the boost in stress hormones from chronic sleep deprivation can cause inflammation and raise your blood pressure.
2. It causes more heart attacks in the spring. Several studies have found people suffer more heart attacks the morning after we spring forward in March. But it's mainly people with existing conditions, like serious heart disease.
3. Messing with your internal clock can cause a bunch of other issues too. It's been linked to higher rates of obesity, depression, and diabetes. And yes, even being thrown off by one hour has an effect.
4. It causes more car crashes. Especially in the spring. Another new study this year found a brief spike in accidents right after the clocks shifted forward in March.

It's still not clear if there's a similar effect when we fall back. But losing an hour OR gaining an hour can throw you off and make you less alert.

Other

11/6/2019 10:41:00 AM Local
Produced

0:01:04 Six Tricks for Remembering Someone's Name:

65% of people in a recent survey said that if they forgot someone's name, they'd just avoid using it. Only 25% would ask them to repeat it. So how do you prevent forgetting it in the first place? Here are six tricks for remembering names . . .

Step 1: Focus. Don't let yourself get distracted by something, including your own social anxiety. If you're really in the moment, you won't forget so easily.

Step 2: Repeat their name back to them immediately. Saying something like, "Nice to meet you, Tom" really helps your brain process it.

Step 3: Associate it with something meaningful to you. Like that you have a "tom cat," or that your favorite actor is Tom Hanks.

Step 4: Form a mental image between the person and your association. Like if their name is Victoria and it reminds you of Queen Victoria, picture them wearing a crown. The sillier the better, because silly things are more memorable.

Step 5: Connect their appearance to their name. Like maybe Victoria is wearing a V-neck sweater. That "V" alone might help you remember later on.

Step 6: Keep repeating their name. Say it again in conversation a few minutes later . . . then again as you're saying goodbye . . . and maybe even to yourself on the car ride home. Repeating it over and over helps make it a long-term memory.

Environment 11/15/2019 1:41:00 PM Local Produced

0:01:22 Today is National Recycling Day. Here are five common MYTHS about recycling.

1. "You can put electronics in the recycling bin." No. The lithium ion batteries in smartphones and other electronics can explode and catch on fire. You CAN recycle electronics, but they must go to a specialty facility that knows how to handle them.
2. "Plastic bags are recyclable." This one is a little complicated, but ultimately it comes down to the fact that recycling facilities just don't want them because they're difficult to separate from other recyclables, and can clog up the equipment. But keep in mind, that's only for traditional plastic shopping bags. Other types of plastic bags like sandwich bags and one gallon freezer bags CAN be recycled, as long as you snip the zipper off first.
3. "Separating trash from recyclables isn't important." Just like with plastic bags, garbage can also clog up the recycling equipment, so it IS important to separate trash and recyclables.
4. "An item can only be recycled once." It's true that plastic has a fairly short recycling life, but glass and metals like aluminum cans can be recycled over and over.
5. "Stuff you recycle must be in good condition." A common myth is that you can't recycle a soda can if you crush it. But most recyclables just get melted or compressed into pellets at the recycling center anyway, so it's fine. The one exception is broken glass, but only because it can be dangerous for the people who collect your recyclables.

Health (Physical/Mental) 11/19/2019 10:44:00 AM Local Produced

0:01:23 You Should Listen to 78 Minutes of Music a Day for Your Mental Health

FULL STORY: You should listen to music every day. And according to a new study, you should listen to 78 minutes of it every day. That's the amount recommended by the British Academy of Sound Therapy for maintaining good mental health. But you can't just listen to one specific type of music. There's actually a formula. You need:

- 14 minutes of "uplifting" music to feel happy.
- 16 minutes of "calming" music to feel relaxed.
- 16 minutes of whatever you choose to overcome sadness.
- 15 minutes of "motivating" music to aid concentration.

And another 17 minutes of whatever you choose to help manage your anger.

Even though they recommend 78 minutes, 11 minutes a day still has therapeutic benefits, and you can boost your happiness with just five minutes.

December

Crime/Safety 12/4/2019 7:05:00 AM Local Produced

0:05:00 "Ask a Cop" Once a month Z103 Morning Show talks to Sgt Carl Casperson from the Bonneville County Sheriff's Department about laws and public safety.

Crime/Safety	12/9/2019	11:13:00 AM	Local Produced	<p>0:01:40 91% of Us Don't Trust Other Drivers in the Winter</p> <p>FULL STORY: Almost no one trusts other people to drive well in the winter, according to a new survey. But two-thirds of us think WE'RE pretty good at it.</p> <p>91% said they don't trust other drivers in winter weather. And 23% have at least one family member they won't ride with, because they don't trust their driving skills.</p> <p>Meanwhile, 64% of us think WE'RE good drivers in the winter. 90% feel very confident driving in the rain . . . 76% feel fine in snow and sleet . . . and 55% feel comfortable driving on icy roads.</p> <p>So in other words, be very careful with other drivers, because we're all a bit overconfident.</p> <p>Here are three quick tips that could help you be a little safer this year . . .</p> <ol style="list-style-type: none"> 1. Check your tire pressure. 21% of people don't know temperature affects your tire pressure, which affects traction. As the temperature drops, it lowers your tire pressure, about one PSI for every 10 degrees. And having enough tread is really important too. 2. Test your battery. Cold weather can make old batteries fail. And that can be dangerous if you get caught out somewhere and can't get home. 3. Don't use cruise control in bad weather. 30% of drivers don't know it's dangerous.
Health (Physical/Mental)	12/18/2019	6:32:00 AM	Local Produced	<p>0:03:00 Discussed ways (avoid sugar crashes; getting sun and air) to stay to mentally and emotionally healthy—avoiding the "winter blues."</p>
Charity	12/1/2019	12:00:00	Local Produced	<p>0:01:00 Z103 Christmas Miracle. We are working to provide Christmas for a local family in need. Runs several times a day through December 20.</p>